

LOCKPORT FAMILY YMCA
GYM SCHEDULE
JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	PICKLEBALL 6:30-10:00 AM (3 Courts)	PICKLEBALL 6:30-8:30 AM (3 courts)	TRX Circuit 5:15-6:00 AM	PICKLEBALL 6:30-8:30 AM (3 courts)	PICKLEBALL 6:30-9:30 AM (3 courts)	OPEN GYM 7:00AM-1:00 PM	
		TRX CIRCUIT 9:00-9:45 AM	PICKLEBALL 6:30-9:00 AM (3 courts)				CORE & RESTORE 9:15-9:45 AM
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM	BOOM MUSCLE® 10:15-10:45 AM	BOOM MOVE 10:00-10:30 AM	BOOM MUSCLE® 10:15-10:45 AM	BOOM MOVE 10:00-10:30 AM			
OPEN GYM 10:00 AM-5:45 PM ** 1/2 Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.	OPEN GYM 11:00-1:30 PM	SILVERSNEAKERS® CIRCUIT 10:45-11:30 AM	OPEN GYM (1/2 GYM) 11:00-12:45 AM	SILVERSNEAKERS® CIRCUIT 10:45-11:30 AM	SILVERSNEAKERS® CIRCUIT 10:00-10:45 AM		
		CORE & RESTORE 11:45-12:30 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	CORE & RESTORE 11:45-12:30 PM	SILVERSNEAKERS® STABILITY 11:00-11:30 AM		
		ADULT PICKUP BASKETBALL 12:30-1:30 PM	LINE DANCING 12:00-12:45 PM (No Class 1/8)	ADULT PICKUP BASKETBALL 12:30-1:30 PM	OPEN GYM (1/2 GYM) 11:00 AM-12:00 PM		
	PICKLEBALL 1:30-3:00 PM	PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:45-1:30 PM	PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:00-1:30 PM		
	OPEN GYM 3:00-4:30 PM	OPEN GYM 3:00-4:30 PM	BEGINNERS PICKLEBALL 1:30-3:00 PM		OPEN GYM 12:00-1:30 PM		
	TRX CIRCUIT (1/2 GYM) 4:30-5:15 PM	PRESCHOOL SOCCER (1/2 GYM) 4:30pm-5:15 PM	OPEN GYM 3:00-4:30 PM	OPEN GYM 3:00-4:30 PM	PICKLEBALL 1:30-3:00 PM		OPEN GYM 1:00 PM-7:45 PM ** 1/2 Gym may be used for birthday parties from 2:00-5:00 pm. App will reflect any schedule changes.
	OPEN GYM (1/2 GYM) 4:30pm-5:30 PM	PRESCHOOL BASKETBALL Group 1 (1/2 GYM) 5:30-6:15 PM	PRESCHOOL BASKETBALL Group 2 (1/2 GYM) 4:30pm-5:15 PM	VOLLEYBALL LEAGUE (Starts Jan 16th) (1/2 GYM) 4:30-9:00 PM	OPEN GYM 3:00-8:00 PM		
	OPEN GYM 5:30-8:00 PM		YOUTH SOCCER (1/2 GYM) 5:30-6:15 PM		ADULT OPEN GYM 8:00 PM-9:45 PM		
	JR CAVS EVALS (January 20th) 5:30pm-7:30 PM	YOUTH FLOOR HOCKEY (1/2 GYM) 6:30-7:15 PM	VOLLEYBALL LEAGUE (Starts Jan 15th) (1/2 GYM) 4:30-9:00 PM		*First Friday of the month Open Gym will be restricted to 1/2 Gym from 6:00-9:00 pm due to Parents Night Out.		
	ADULT OPEN GYM** 8:00-9:45 PM	PICKLEBALL** 7:30-9:45 PM (3 Courts)	ADULT OPEN GYM** (1/2 GYM) 8:00-9:45 PM	ADULT OPEN GYM** (1/2 GYM) 8:00-9:45 PM			

** Denotes that members must be 19+ to utilize space