

KEN-TON FAMILY YMCA
GYM SCHEDULE
JULY 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OPEN GYM 8:00am-11:45am	OPEN GYM 5:00-9:00am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-7:45am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00pm	
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 7:00-10:45am	Line Dancing 8:00-8:45am Choon	PICKLEBALL 7:00-9:45am	Silver Sneakers Classic 9:30-10:15am Jen		
			Pilates 9:00-9:45am Choon				
		Silver Sneakers Circuit 10:00-10:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit 10:00-10:45am Jen	PICKLEBALL (Half Court) 8:00am-11:00pm		
	Silver Sneakers Classic 10:00-10:45am Jen	Silver Sneakers Yoga 11:00-11:45am Jen	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen		Silver Sneakers Enerchi 10:30-11:15am Jen	
	PICKLEBALL 11:00-1:00pm	Indoor Walking 12:00-1:00pm	*SUMMER CAMP 1:00pm-4:45pm	Indoor Walking 12:00-1:00pm		PICKLEBALL 11:30-1:00pm	GYM EVENTS 11:00-12:00pm (Kids Play 6/14)
	*SUMMER CAMP 1:00pm-4:45pm	*SUMMER CAMP 1:00pm-4:45pm	OPEN GYM 4:45pm-7:45pm	OPEN GYM 4:45pm-7:45pm	*SUMMER CAMP 1:00pm-4:45pm	*SUMMER CAMP 1:00pm-4:45pm	OPEN GYM 12:00-3:45pm
		OPEN GYM 4:45pm- 5:45pm					
		Preschool Tumblers 6:00-6:45pm					
	OPEN GYM 4:45pm-7:45pm	OPEN GYM 7:00-7:45pm		PICKLEBALL ½ gym 5:00-7:45pm	OPEN GYM 4:45pm-7:45pm		

****In the event of Inclement Weather all gym activities and group exercise classes will be cancelled and the FULL GYM will be reserved for Summer Camp.***

Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.