

KEN-TON FAMILY YMCA
GYM SCHEDULE
JANUARY 2026

SUNDAY	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-11:00am
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 7:00-9:45am	Line Dancing 8:00-8:45am Choon	PICKLEBALL 7:00-9:45am	Silver Sneakers Classic 9:30-10:15am Jen	
		Silver Sneakers Circuit 10:00-10:45am Jen	Pilates 9:00-9:45am Choon			
		Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit 10:00-10:45am Jen		
	Indoor Walking 12:00-1:00pm					
	Silver Sneakers Classic 10:00-10:45am Jen	PICKLEBALL 1:00-3:00pm	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00am
	PICKLEBALL 11:00-1:00pm	OPEN GYM 3:15pm-5:45pm	Beginner PICKLEBALL 1:00-2:45pm	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm	
	Beginner PICKLEBALL 1:00-2:45pm	Preschool Tumblers 6:00-6:45pm		OPEN GYM 1:45pm-4:45pm	Beginner PICKLEBALL 1:00-2:45pm	
OPEN GYM 3:00pm-7:45pm	Youth Basketball 7:00-7:45pm	OPEN GYM 3:00pm-7:45pm	PICKLEBALL ½ gym 5:00-7:45pm	OPEN GYM 3:00pm-7:45pm	OPEN GYM 12:00-3:45pm	

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