



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING YMCA GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN GYM</b> 5:30-8 a.m.	<b>OPEN GYM</b> 5:30-8 a.m.	<b>OPEN GYM</b> 5:30-8 a.m.	<b>OPEN GYM</b> 5:30-8 a.m.	<b>OPEN GYM</b> 5:30-8 a.m.	
<b>PICKLEBALL</b> 8 a.m.-9:45 a.m.	<b>PICKLEBALL</b> 8 a.m.-10 a.m.	<b>PICKLEBALL</b> 8 a.m.-12 p.m.	<b>PICKLEBALL</b> 8 a.m.-12 p.m.	<b>PICKLEBALL</b> 8-9:45 a.m.	<b>PICKLEBALL</b> 8 -11 a.m.
<b>SILVER STRONG</b> with Molly/Angie 10-10:45 a.m.	<b>EXERCISE FOR PARKINSON'S</b> with Molly/Angie 10-11 a.m.			<b>SILVER STRONG</b> with Molly/Angie 10-11 a.m.	
<b>THE BALANCE CLASS</b> with Molly/Angie 10:45-11:15 a.m.				<b>THE BALANCE CLASS</b> with Molly/Angie 11-11:30 a.m.	
<b>OPEN GYM</b> 11:45 a.m.-3 p.m.	<b>OPEN GYM</b> 11 a.m.- 1:30 p.m.	<b>OPEN GYM</b> 12-3 p.m.	<b>OPEN GYM</b> 12-1 :30 p.m.	<b>OPEN GYM</b> 11:30 a.m. - 5 p.m.	<b>OPEN GYM</b> 11 a.m. -1 p.m.
	<b>ROCK STEADY BOXING</b> 1:30-2 p.m.		<b>ROCK STEADY BOXING</b> 1:30-2 p.m.		
<b>PICKLEBALL</b> 3-5 p.m.	<b>PICKLEBALL</b> 2-4 p.m.	<b>PICKLEBALL</b> 3-5 p.m.	<b>OPEN GYM</b> 2-3:30 p.m.		<b>FITNESS CLASS</b>
	<b>OPEN GYM</b> 4-5 p.m.		<b>BEGINNER/INTERMEDIATE/ ADAVANCED INTERMEDIATE PICKLEBALL LESSONS: SESSION 1</b> 3:30-5 p.m.		<b>OPEN GYM</b>
<b>CHEERLEADING</b> 5-7 p.m.	<b>CHEERLEADING</b> 5-7 p.m.	<b>CHEERLEADING</b> 5-7 p.m.	<b>BEGINNER PICKLEBALL LESSONS: SESSION 2</b> 5-6:30 p.m.		<b>PROGRAM</b>
					<b>PICKLEBALL</b>

Did you know? Open Gym times can be used for pickleball, basketball, volleyball and more!