



# LANDING YMCA GYMNASIUM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

**OPEN GYM**  
5:30 – 8:00AM

**OPEN GYM**  
5:30 – 8:00AM

**OPEN GYM**  
5:30 – 8:00AM

**OPEN GYM**  
5:30 – 8:00AM

**OPEN GYM**  
5:30 – 8:00AM

CLOSED

**PICKLEBALL**  
8 – 9:45AM

**PICKLEBALL**  
8 – 10:00AM

**PICKLEBALL**  
8– 10:00AM

**PICKLEBALL**  
8 – 11:00AM

**PICKLEBALL**  
8 – 9:45AM

**PICKLEBALL**  
8 – 9:30AM

**FOREVER FIT**  
10–11:00AM

**EXERCISE FOR PARKINSON'S**  
10 – 11:00AM

**ITTY BITTY  
OPEN GYM**  
10 – 11:00AM

**FOREVER FIT**  
10–11:00AM

**THE BALANCE CLASS**  
11–11:30AM

**THE BALANCE CLASS**  
11–11:30AM

**OPEN GYM**  
11:30AM – 2:00PM

**OPEN GYM**  
11AM – 1:30PM

**OPEN GYM**  
11:00AM – 12:30PM

**OPEN GYM**  
11 – 1:30PM

**OPEN GYM**  
9:30AM – 3:00PM

**ROCK STEADY BOXING**  
1:30 – 2:30PM

**DROP-IN PICKLEBALL  
FOR BEGINNERS**  
12:30–2:30PM

**ROCK STEADY BOXING**  
1:30 – 2:30PM

**OPEN GYM**  
11:30AM – 5:00PM

**PICKLEBALL**  
2:00 – 4:00

**OPEN GYM**  
2:30 – 4:00PM

**OPEN GYM**  
2:30–4:00PM

**OPEN GYM**  
2:30–4:00PM

**BASKETBALL**  
4:00–5:30PM

**BASKETBALL**  
4:00–5:30PM

**INTRO TO TEEBALL**  
4:00–6:30PM

**BASKETBALL**  
4:00–5:30PM

**OPEN GYM**  
5:30PM – 8:00PM

**OPEN GYM**  
5:30 – 8:00PM

**WALKING SOCCER**  
6:30–8:00PM  
THROUGH JUNE 4

**OPEN GYM**  
5:30 – 8:00PM

Descriptions Can be  
Found on the Back  
Side of this Page



# DESCRIPTIONS

## OPEN GYM

Open gym is available for members to use for basketball, Pickleball, and more. Please recognize that no one sport, or group may dominate the gym if others wish to use it.

## PICKLEBALL

These are times that are set aside for all three courts to be used exclusively for pickleball. Paddle up!!

## BASKETBALL

The whole gym is available for hoops! Come with a group or by yourself to shoot around or get a game going.

## FOREVER FIT

A complete body workout for active older adults. We use free weights and resistance bands to improve muscular strength and endurance. Core, balance, and flexibility training also included in this fun class.

## BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

## ITTY BITTY OPEN GYM

This parent-led playtime for ages 0-5 is designed to let your little one discover and explore their sports interests while you both stay active, have fun and make memories together. Drop ins any time during the session are encouraged!

## EXERCISE FOR PARKINSON'S

Geared specifically to diminish movement challenges experienced by people with Parkinson's disease. Individuals with other neurological conditions are also welcome to join the class. Classes are ongoing and participants may join at any time.

## ROCK STEADY BOXING

An exercise program for individuals with Parkinson's, Rock Steady Boxing is noncontact so only our coaches take punches! We do exercises that help improve balance, strength, agility, bradykinesia, reaction time, and coordination. Participants must have our physical clearance form filled out and signed.

## INTRO TO TEE BALL

Participants aged 3-5 will have their first opportunity to explore the game of baseball in a safe and nurturing environment. Preschool tee ball will be focused on developing participants hand eye coordination, confidence in throwing and catching, and the functional movement skills. All while learning the rules of the game and practicing their swing! Registration required.

## WALKING SOCCER

Walking Soccer is a fun, low-impact program designed for all fitness levels! Stay active, build friendships, and enjoy the game at a comfortable pace-no running required! Whether you're a seasoned player or new to the sport, Walking Soccer is a great way to stay fit and have fun. Register today and keep the game going -- one step at a time!