



HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

July 3 - September 4, 2022

Monday						Tuesday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool		Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM					Pool Closed	6:00 AM					Pool Closed				
6:30 AM						6:30 AM									
7:00 AM						7:00 AM									
7:30 AM						7:30 AM									
8:00 AM	Open Gym 6:00 - 11:00		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	8:00 AM	Open Gym 6:00 - 11:00		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time				
8:30 AM								8:30 AM							
9:00 AM										9:00 AM					
9:30 AM										9:30 AM					
10:00 AM								Aqua Fit 10:00 - 10:45		10:00 AM				Gentle Fit 10:00 - 10:45	
10:30 AM						10:30 AM	Open Gym 6:00 - 4:30								
11:00 AM						11:00 AM									
11:30 AM						11:30 AM									
12:00 PM	Pickle Ball 11:30 - 1:00		Queenex 12:15 - 1:00			12:00 PM		Pickle Ball 11:30 - 1:00							
12:30 PM						12:30 PM									
1:00 PM						1:00 PM									
1:30 PM		Open Gym 6:00 - 8:30				1:30 PM									
2:00 PM						2:00 PM									
2:30 PM						2:30 PM	Open Gym 1:30 - 5:00								
3:00 PM						3:00 PM									
3:30 PM						3:30 PM									
4:00 PM					4:00 PM										
4:30 PM					4:30 PM										
5:00 PM					5:00 PM			Volleyball 5:00 - 7:00							
5:30 PM	Open Gym 1:30 - 8:30					5:30 PM									
6:00 PM						6:00 PM	Pickle Ball 5:30 - 7:30								
6:30 PM						6:30 PM									
7:00 PM						7:00 PM				Strength & Conditioning 6:30 - 7:15					
7:30 PM						7:30 PM									
8:00 PM					8:00 PM	Open Gym 7:30 - 8:30					Pool Closed 7pm				
8:30 PM					8:30 PM										
9:00 PM					9:00 PM										

Wednesday						Thursday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool		Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM					Pool Closed	6:00 AM					Pool Closed				
6:30 AM						6:30 AM									
7:00 AM						7:00 AM									
7:30 AM						7:30 AM									
8:00 AM	Open Gym 6:00 - 11:00		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	8:00 AM	Open Gym 6:00 - 11:00		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time				
8:30 AM								8:30 AM							
9:00 AM										9:00 AM					
9:30 AM										9:30 AM					
10:00 AM								Hydrotherapy 10:00 - 10:45		10:00 AM				Gentle Fit 10:00 - 10:45	
10:30 AM						10:30 AM	Open Gym 6:00 - 5:15								
11:00 AM						11:00 AM									
11:30 AM						11:30 AM									
12:00 PM	Pickle Ball 11:30 - 1:00		Queenex 12:15 - 1:00			12:00 PM		Pickle Ball 11:30 - 1:00							
12:30 PM						12:30 PM									
1:00 PM						1:00 PM									
1:30 PM		Open Gym 6:00 - 8:30				1:30 PM									
2:00 PM						2:00 PM									
2:30 PM						2:30 PM									
3:00 PM						3:00 PM									
3:30 PM						3:30 PM									
4:00 PM					4:00 PM										
4:30 PM					4:30 PM										
5:00 PM					5:00 PM			Rental 5:45 - 6:45							
5:30 PM	Open Gym 1:30 - 8:30					5:30 PM									
6:00 PM						6:00 PM									
6:30 PM						6:30 PM									
7:00 PM						7:00 PM				Strength & Conditioning 6:30 - 7:15					
7:30 PM						7:30 PM									
8:00 PM					8:00 PM						Pool Closed 7pm				
8:30 PM					8:30 PM										
9:00 PM					9:00 PM										

Friday						Saturday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool		Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM					Pool Closed	8:00 AM									
6:30 AM						8:30 AM									
7:00 AM						9:00 AM									
7:30 AM						9:30 AM									
8:00 AM	Open Gym 6:00 - 11:00		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	10:00 AM	Open Gym 8:00 - 11:30		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time				
8:30 AM								10:30 AM							
9:00 AM										11:00 AM					
9:30 AM										11:30 AM					
10:00 AM								Aqua Fit 10:00 - 10:45		12:00 PM					
10:30 AM						12:30 PM									
11:00 AM						1:00 PM									
11:30 AM						1:30 PM									
12:00 PM	Pickle Ball 11:30 - 1:00					2:00 PM									
12:30 PM						2:30 PM									
1:00 PM		Open Gym 6:00 - 5:30				3:00 PM									
1:30 PM						3:30 PM									
2:00 PM						4:00 PM									
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM															
4:30 PM															
5:00 PM															
5:30 PM	Open Gym 1:30 - 8:30														
6:00 PM															
6:30 PM															
7:00 PM															
7:30 PM															
8:00 PM															
8:30 PM															
9:00 PM															

Sunday								
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool			
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM	Open Gym 8:00 - 1:30		Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time			
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								