HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

September 5 - December 23, 2022

Monday

Main Gym	Aux Gym	Fitness Floor	Studio	Pool
Open Gym 6:00 - 11:00	Open Gym 6:00 - 8:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register	* NEW * Zumba 12:15 - 1:00 (starting Sept. 12)	Pool Closed
Pickle Ball 11:30 - 1:00		Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
Open Gym 1:30 - 8:30			Yoga 6:30 - 7:15	Aqua Fit 10:00 - 10:45
				Lane Swim - Check portal to book time
				Pool Closed

Tuesday

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

Wednesday

Main Gym	Aux Gym	Fitness Floor	Studio	Pool
Open Gym 6:00 - 11:00	Open Gym 6:00 - 8:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register	Yoga 8:30 - 9:30	Pool Closed
Pickle Ball 11:30 - 1:00			Hydrotherapy 10:00 - 10:45	Lane Swim - Check portal to book time
Open Gym 1:30 - 8:30			Yoga 6:30 - 8:00	Lane Swim - Check portal to book time
				Pool Closed

Thursday

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

Friday

Main Gym	Aux Gym	Fitness Floor	Studio	Pool
Open Gym 6:00 - 11:00	Open Gym 6:00 - 5:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register	Cycle Fit 12:15 - 1:00	Pool Closed
Pickle Ball 11:30 - 1:00				Lane Swim - Check portal to book time
Open Gym 1:30 - 8:30	Volleyball 6:00 - 8:00			Pool Closed

Saturday

Main Gym	Aux Gym	Fitness Floor	Studio	Pool
Open Gym 8:00 - 1:30	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register	Boot Camp 11:45 - 12:30	Lane Swim - Check portal to book time
	Volleyball 12:00 - 2:00			
Rental 2:00 - 4:00	Open Gym 2:00 - 4:00			Pool Closed

Sunday

Main Gym	Aux Gym	Fitness Floor	Studio	Pool
Open Gym 8:00 - 1:30	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
	Volleyball 12:00 - 2:00			
Rental 2:00 - 4:00	Open Gym 2:00 - 4:00			Pool Closed