



HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance September 5 - December 23, 2022

Monday					Tuesday						
	Main Gym	Aux Gym	Fitness Floor	Studio		Main Gym	Aux Gym	Fitness Floor	Studio		
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 8:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register			Open Gym 6:00 - 11:00	Open Gym 6:00 - 4:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register			
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10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM	Pickle Ball 11:30 - 1:00		Queenex 12:15 - 1:00	* NEW * Zumba 12:15 - 1:00 (starting Sept. 12)					Gentle Fit 10:00 - 10:45		
12:30 PM									HIIT 12:15 - 1:00		
1:00 PM											
1:30 PM	Open Gym 1:30 - 8:30					Open Gym 1:30 - 5:00					
2:00 PM											
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4:30 PM											
5:00 PM											
5:30 PM									Volleyball 5:00 - 7:00		
6:00 PM											
6:30 PM											Strength & Conditioning 6:30 - 7:15
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											
9:00 PM											

Wednesday					Thursday										
	Main Gym	Aux Gym	Fitness Floor	Studio		Main Gym	Aux Gym	Fitness Floor	Studio						
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 8:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register			Open Gym 6:00 - 11:00	Open Gym 6:00 - 5:15	Daily YThrive Appointments Available - Speak to a Membership Associate to Register							
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12:00 PM	Pickle Ball 11:30 - 1:00														
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1:30 PM	Open Gym 1:30 - 8:30					Open Gym 1:30 - 8:30									
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Friday					Saturday										
	Main Gym	Aux Gym	Fitness Floor	Studio		Main Gym	Aux Gym	Fitness Floor	Studio						
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 8:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register			Open Gym 8:00 - 1:30	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register							
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Sunday							
	Main Gym	Aux Gym	Fitness Floor	Studio			
8:00 AM	Open Gym 8:00 - 1:30	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register				
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