



HAMILTON DOWNTOWN FAMILY YMCA

October 30 - December 23, 2022

Monday								
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool			
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		Lane Swim 6:00 - 9:45			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
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9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Pickle Ball 11:30 - 1:00		Queenex 12:15 - 1:00	*new* Zumba 12:15 - 1:00	Lane Swim 11:00 - 1:00			
12:00 PM								
12:30 PM								
1:00 PM					Closed			
1:30 PM								
2:00 PM								
2:30 PM	Open Gym 1:30 - 8:30				Open Swim (1 lane) 4:15 - 5:00			
3:00 PM								
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4:00 PM								
4:30 PM								
5:00 PM								
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7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM					Closed			

Tuesday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM	Open Gym 6:00 - 8:30	Open Gym 6:00 - 6:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Community Rental 6:00 - 7:30				
6:30 AM									
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7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM					Pickle Ball (Private Rental) 9:00 - 12:00				Lane Swim 7:30 - 1:00
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM	Open Gym 1:30 - 5:00	Open Gym 6:00 - 6:30			Gentle Fit 10:00 - 10:45				
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2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM					Pickle Ball 5:30 - 7:30				HIT 12:15 - 1:00
6:30 PM									
7:00 PM									
7:30 PM	Open Gym 7:30 - 8:30	Volleyball 7:00 - 9:00			Closed				
8:00 PM									
8:30 PM									
9:00 PM									
9:00 PM									Closed

Wednesday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
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		Lane Swim 6:00 - 9:45				
6:30 AM									
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10:30 AM									
11:00 AM									
11:30 AM	Pickle Ball 11:30 - 1:00			*new* MuscleFit 12:15 - 1:00	Lane Swim 11:00 - 1:00				
12:00 PM									
12:30 PM									
1:00 PM					Closed				
1:30 PM									
2:00 PM	Open Gym 1:30 - 8:30				Open Swim (1 lane) 4:15 - 5:00				
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8:30 PM									
9:00 PM					Closed				

Thursday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM	Open Gym 6:00 - 8:30	Open Gym 6:00 - 6:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Community Rental 6:00 - 7:30				
6:30 AM									
7:00 AM									
7:30 AM									
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8:30 AM									
9:00 AM					Pickle Ball (Private Rental) 9:00 - 11:00				Lane Swim 7:30 - 1:00
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11:30 AM	Pickle Ball 11:30 - 1:00				Gentle Fit 10:00 - 10:45				
12:00 PM									
12:30 PM									
1:00 PM	Open Gym 1:30 - 5:30	Open Gym 6:00 - 6:30			Closed				
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6:00 PM					Pickle Ball (Private Rental) 6:00 - 9:00				Lane Swim 4:15 - 5:00
6:30 PM									
7:00 PM									
7:30 PM	Open Gym 7:30 - 8:30	Volleyball 7:00 - 9:00			Strength & Conditioning 6:30 - 7:15				
8:00 PM									
8:30 PM									
9:00 PM									
9:00 PM									Closed

Friday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 5:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim 6:00 - 9:45				
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10:30 AM									
11:00 AM									
11:30 AM	Pickle Ball 11:30 - 1:00			Cycle Fit 12:15 - 1:00	Lane Swim 11:00 - 1:00				
12:00 PM									
12:30 PM									
1:00 PM					Closed				
1:30 PM	Open Gym 1:30 - 8:30				Open Swim (1 lane) 4:15 - 5:00				
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6:30 PM						Volleyball 6:00 - 8:00			Community Rental 5:00 - 7:00
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7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM					Closed				

Saturday								
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool			
8:00 AM	Open Gym 8:00 - 3:30	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim 8:00 - 12:30			
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3:30 PM								
4:00 PM								

Sunday									
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool				
8:00 AM	Open Gym 8:00 - 3:30	Open Gym 8:00 - 1:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim 8:30 - 12:30				
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