



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING YMCA GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 5:30-9:15 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-9:15 a.m.	
	PICKLEBALL 8 a.m.-10 a.m.	PICKLEBALL 8 a.m.-12 p.m.	PICKLEBALL 8 a.m.-12 p.m.		PICKLEBALL 8 -11 a.m.
SILVER STRONG <i>with Celia</i> 10-10:45 a.m.	EXERCISE FOR PARKINSON'S <i>with Molly</i> 10-11 a.m.			SILVER STRONG <i>with Celia</i> 10-11 a.m.	
THE BALANCE CLASS <i>with Celia</i> 10:45-11:15 a.m.				THE BALANCE CLASS <i>with Celia</i> 11-11:30 a.m.	OPEN GYM 11 a.m. -1 p.m.
OPEN GYM 11:45 a.m.-3 p.m.	OPEN GYM 12-1 p.m.	OPEN GYM 12-3 p.m.	OPEN GYM 12-1 p.m.	OPEN GYM 11:45 a.m. - 5p.m.	
	ROCK STEADY BOXING 1-2 p.m.		ROCK STEADY BOXING		
	PICKLEBALL 2-4 p.m.		PICKLEBALL 2-4 p.m.		FITNESS CLASS
PICKLEBALL 3-5 p.m.	OPEN GYM 4-5 p.m.	PICKLEBALL 3-5 p.m.	OPEN GYM 4-5 p.m.		OPEN GYM
CHEERLEADING 5-7 p.m.	CHEERLEADING 5-7 p.m.	CHEERLEADING 5-7 p.m.			PROGRAM
					PICKLEBALL

Did you know? Open Gym times can be used for pickleball, basketball, volleyball and more!