



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING YMCA GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	OPEN GYM 5:30-8 a.m.	
PICKLEBALL 8 a.m.-9:45 a.m.	PICKLEBALL 8 a.m.-10 a.m.	PICKLEBALL 8 a.m.-12 p.m.	PICKLEBALL 8 a.m.-12 p.m.	PICKLEBALL 8-9:45 a.m.	PICKLEBALL 8 -11 a.m.
SILVER STRONG <i>with Molly/Angie</i> 10-10:45 a.m.	EXERCISE FOR PARKINSON'S <i>with Molly/Angie</i> 10-11 a.m.			SILVER STRONG <i>with Molly/Angie</i> 10-11 a.m.	
THE BALANCE CLASS <i>with Molly/Angie</i> 10:45-11:15 a.m.				THE BALANCE CLASS <i>with Molly/Angie</i> 11-11:30 a.m.	FAMILY OPEN GYM 11 a.m. - 1 p.m.
OPEN GYM 11:45 a.m.-3 p.m.	OPEN GYM 11 a.m.- 1:30 p.m.	GENTLE PICKLEBALL 12-1:30 p.m. Relaxed pickleball with a focus on mobility & balance	OPEN GYM 12-1 :30 p.m.	OPEN GYM 11:30 a.m. - 5 p.m.	OPEN GYM 11 a.m. - 1 p.m.
	ROCK STEADY BOXING 1:30-2 p.m.	OPEN GYM 1:30-3 p.m.	ROCK STEADY BOXING 1:30-2 p.m.		
	PICKLEBALL 2-4 p.m.		OPEN GYM 2-3:30 p.m.	FAMILY OPEN GYM 3-5 p.m.	
PICKLEBALL 3-5 p.m.	OPEN GYM 4-5 p.m.	PICKLEBALL 3-5 p.m.	PICKLEBALL LESSONS 3:30-5 p.m.	<div data-bbox="1514 1133 1696 1321" style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #e91e63; color: white;"> <p>During Family Open Gym we have family friendly activities and games available!</p> </div>	FITNESS CLASS
CHEERLEADING 5-7 p.m.	CHEERLEADING 5-7 p.m.	CHEERLEADING 5-7 p.m.	PICKLEBALL LESSONS 5-6:30 p.m.		OPEN GYM
					PROGRAM
					PICKLEBALL

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