



LANDING YMCA GYMNASIUM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

<p>OPEN GYM 5:30 - 8am</p>		<p>OPEN GYM 5:30 - 8am</p>		<p>OPEN GYM 5:30 - 8am</p>		<p>OPEN GYM 5:30 - 8am</p>		<p>CLOSED</p>	
<p>PICKLEBALL 8 - 9:45am</p>		<p>PICKLEBALL 8 - 10am</p>		<p>PICKLEBALL 8 - 12pm</p>		<p>PICKLEBALL 8 - 12pm</p>		<p>PICKLEBALL 8 - 9:45am</p>	
<p>SILVER STRONG 10-10:45am</p>		<p>EXERCISE FOR PARKINSON'S 10 - 11am</p>						<p>SILVER STRONG 10-11am</p>	
<p>THE BALANCE CLASS 10:45-11:15am</p>								<p>THE BALANCE CLASS 11-11:30am</p>	
<p>OPEN GYM 11:45am - 2:30pm</p>		<p>OPEN GYM 11am - 1:30pm</p>		<p>GENTLE PICKLEBALL 12 - 1:30 PM <small>(Relaxed play with a focus on mobility and balance)</small></p>		<p>OPEN GYM 12 - 1:30pm</p>		<p>OPEN GYM 11:30am - 5pm</p>	
		<p>ROCK STEADY BOXING 1:30 - 2pm</p>		<p>OPEN GYM 12:30 - 2:30pm</p>		<p>ROCK STEADY BOXING 1:30 - 2pm</p>			
<p>PICKLEBALL 2:30 - 4:30pm</p>		<p>OPEN GYM 2 - 3:30pm</p>	<p>PICKLEBALL 2 - 3:30pm</p>	<p>PICKLEBALL 2:30 - 4:30pm</p>		<p>OPEN GYM 2 - 3:30pm</p>			
		<p>BEGINNER PICKLEBALL LESSONS 3:30 - 5pm</p>				<p>MIDDLE-BEGINNER PICKLEBALL LESSONS 3:30 - 5pm</p>			
<p>CHEERLEADING 5-7pm</p>	<p>OPEN GYM 4:30 - 7pm</p>	<p>INTERMEDIATE PICKLEBALL LESSONS 5 - 6:30pm</p>		<p>CHEERLEADING 5 - 7pm</p>	<p>YOUTH SPORTS SAMPLER 4:30 - 6:30PM</p>	<p>ADVANCED-BEGINNER PICKLEBALL LESSONS 5 - 6:30pm</p>		<p>FAMILY OPEN GYM 3 - 5pm</p>	
		<p>OPEN GYM 6:30 - 7PM</p>			<p>OPEN CORNHOLE PLAY 6:30-7:30pm</p>	<p>OPEN GYM 6:30 - 7PM</p>			

Open gym times can be used for basketball, pickleball and more