



**Gymnasium**  
**Gymnasium @ Massillon Family YMCA**  
 January 1st - January 31st

131 Tremont Ave SE  
 Massillon, OH 44646  
 (330) 837-5116

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Gym</b> 5:45am - 8am	<b>Open Gym</b> 5:45am - 8am	<b>Open Gym</b> 5:45am - 8am	<b>Open Gym</b> 5:45am - 8am	<b>Open Gym</b> 5:45am - 8am		
7am						<b>Open Gym</b> 7am - 11:45am	
8am	<b>Preschool Gym Time</b> 8am - 9:15am	<b>Preschool Gym Time</b> 8am - 9:15am	<b>Preschool Gym Time</b> 8am - 9am	<b>Preschool Gym Time</b> 8am - 9:15am	<b>Child Care Gym Time</b> 8am - 9am		
9am	<b>Cycling</b> 9:15am - 10am	<b>Open Gym</b> 9:30am - 11am		<b>Open Gym</b> 9:30am - 11am	<b>TGIF Burn</b> 9:10am - 9:50am		
10am	<b>Open Gym</b> 10am - 11am		<b>Open Gym</b> 10am - 11am		<b>Home School Gym (\$)</b> 10am - 12pm		
11am	<b>Preschool Gym Time</b> 11am - 11:45am	<b>Preschool Gym Time</b> 11am - 11:45am	<b>Preschool Gym Time</b> 11am - 11:45am	<b>Preschool Gym Time</b> 11am - 11:45am		<b>Adult Pick-Up Games</b> 11:45am - 2:30pm	<b>Open Gym</b> 11am - 3:45pm
		<b>Adult Pick-Up Games</b> 11:45am - 2pm		<b>Adult Pick-Up Games</b> 11:45am - 2pm			
12pm	<b>Adult Pick-Up Games</b> 12pm - 2:30pm		<b>Adult Pick-Up Games</b> 12pm - 2:30pm		<b>Adult Pick-Up Games</b> 12pm - 2:30pm		
2pm	<b>Open Gym</b> 2:30pm - 4pm	<b>Open Gym</b> 2pm - 4pm	<b>Open Gym</b> 2:30pm - 6pm	<b>Open Gym</b> 2pm - 4pm	<b>Open Gym</b> 2:30pm - 7pm	<b>Open Gym</b> 2:30pm - 3:45pm	
4pm	<b>Child Care Gym Time</b> 4pm - 5:30pm	<b>Child Care Gym Time</b> 4pm - 5:30pm		<b>Child Care Gym Time</b> 4pm - 5:30pm			
5pm	<b>Open Gym</b> 5:30pm - 7:15pm	<b>Open Gym</b> 5:30pm - 9:15pm		<b>Fitness Circuit</b> 5:30pm - 6:30pm			
6pm			<b>Sports for Tots (\$)</b> 6pm - 6:30pm	<b>Open Gym</b> 6:30pm - 9:15pm			
7pm	<b>Adult Pick-Up Games</b> 7:15pm - 9:15pm		<b>Adult Pick-Up Games</b> 7:15pm - 9:15pm		<b>Adult Pick-Up Games</b> 7pm - 9:15pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.