



May Schedule
Gymnasium @ Massillon Family YMCA
 May 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 9am		
7am						Open Gym 7am - 11:45am	
8am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am			
9am	Open Gym 9:30am - 10am	Open Gym 9:30am - 11am	Cycling 9:15am - 10am	Open Gym 9:30am - 11am	Suspension Fusion + Stretch & Roll 9:10am - 9:50am		
10am			Open Gym 10am - 11am		Home School Gym (\$) 10am - 12pm		
11am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am		Adult Pick-Up Games 11:45am - 2:30pm	Open Gym 11am - 3:45pm
		Adult Pick-Up Games 11:45am - 2pm		Adult Pick-Up Games 11:45am - 2pm			
12pm	Adult Pick-Up Games 12pm - 2:30pm		Adult Pick-Up Games 12pm - 2:30pm		Adult Pick-Up Games 12pm - 2:30pm		
2pm	Open Gym 2:30pm - 4pm	Open Gym 2pm - 4pm	Open Gym 2:30pm - 6pm	Open Gym 2pm - 4pm	Open Gym 2:30pm - 7pm	Open Gym 2:30pm - 3:45pm	
4pm	Child Care Gym Time 4pm - 5:30pm	Child Care Gym Time 4pm - 5:30pm		Child Care Gym Time 4pm - 5:30pm			
5pm	Open Gym 5:30pm - 6pm	Open Gym 5:30pm - 7pm		Fitness Circuit 5:30pm - 6:30pm			
6pm	Youth Pick-up Games 6pm - 7:30pm		Youth Pick-up Games 6pm - 7:30pm	Open Gym 6:30pm - 9:15pm			
7pm	Open Gym 7:30pm - 9:15pm	Adult Pick-Up Games 7pm - 9:15pm	Open Gym 7:30pm - 9:15pm		Adult Pick-Up Games 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.



Class Descriptions Massillon Family YMCA

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

Adult Pick-Up Games - Gym is open only for adults playing pick-up basketball.

Child Care Gym Time - Physical play time for the Y's Before School, After School and School Day Off programs. No open gym at this time.

Cycling - Low – High Intensity / No Impact. Designed for beginner to advanced exercisers. Should be at least 60" tall to fit on the bikes properly.

Fitness Circuit - Alternating circuit stations and cardio conditioning. This self paced program will challenge you, burn calories and tone your body.

Home School Gym (\$) - Gym class geared specifically towards home school families

Preschool Gym Time - Time set aside for the Y's preschool class to play. No open gym at this time.

Suspension Fusion + Stretch & Roll - Focus on the whole body with 30 minutes of suspension training followed by 15 minutes of stretching and foam rolling.

Youth Pick-up Games - Pickup basketball games for Youth ages 10+