



Gym
Gymnasium @ Massillon Family YMCA
 March 1st - March 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5:45am - 8am	Open Gym 5:45am - 8am	Open Gym 5:45am - 8am	Open Gym 5:45am - 8am	Open Gym 5:45am - 8am		
7am						Open Gym 7am - 11:45am	
8am	Preschool Gym Time 8am - 9:15am	Preschool Gym Time 8am - 9:15am	Preschool Gym Time 8am - 9am	Preschool Gym Time 8am - 9:15am	Child Care Gym Time 8am - 9am		
9am	Cycling 9:15am - 10am	Open Gym 9:30am - 11am	Open Gym 9am - 11am	Open Gym 9:30am - 11am	TGIF Burn 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		
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 - 7:15pm	Open Gym 5:30pm - 9:15pm		Fitness Circuit 5:30pm - 6:30pm			
6pm			Sports for Tots (\$) 6pm - 6:30pm	Open Gym 6:30pm - 9:15pm			
7pm	Adult Pick-Up Games 7:15pm - 9:15pm		Adult Pick-Up Games 7:15pm - 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.