

Grand Lake Family YMCA Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Open Gym 8:00-9:00	Open Gym 8:00-9:00	Open Gym 8:00-9:00	Open Gym 8:00-9:00	Open Gym 8:00-9:00	Open Gym 8:00-2:30
8:30 AM						
9:00 AM						
9:30 AM	Silver Sneakers Classic 9:30-10:20	Silver Sneakers Yoga 9:30-10:20	Silver Sneakers Classic 9:30-10:20	Silver Sneakers Yoga 9:30-10:20	Silver Sneakers Classic 9:30-10:20	
10:00 AM						
10:30 AM						
11:00 AM	Open Play Pickleball 11:00-2:00	Tai Chi 11:00-11:50	Open Play Pickleball 11:00-2:00	Tai Chi 11:00-11:50	Open Play Pickleball 11:00-2:00	
11:30 AM						
12:00 PM						
12:30 PM		Pedaling for Parkinson's 12:30-1:30				
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 2:00-7:30	Open Gym 2:00-5:30	Open Gym 2:00-7:30	Parkinson's Support Group 2:00-3:00	Open Gym 2:00-7:30	
2:30 PM						
3:00 PM						
3:30 PM				Parkinson's Loud Crowd 3:00-4:15		
4:00 PM						
4:30 PM				Open Gym 4:30-5:30		
5:00 PM						
5:30 PM				Open Play Pickleball		
6:00 PM						
6:30 PM						
7:00 PM		Open Play Pickleball 5:30-7:30				
7:30 PM						

Gymnasium Hours: Monday-Thursday 8:00 AM - 7:30 PM | Friday 8:00 AM - 6:30 PM | Saturday 8:00 AM - 2:30 PM

Class Schedule is subject to change.

Open Gym Times and Gymnasium Schedule are subject to change.

All Grand Lake Family YMCA Programs have scheduling priority.

All unmarked Time Slots are available for Open Gym.

For Gymnasium Scheduling please call the Grand Lake Family YMCA at (918) 786-5774 or email john@tristatefamilyymca.org