

**KEN-TON FAMILY YMCA
GYM SCHEDULE
DECEMBER 22 – DECEMBER 31, 2024
INTERIM SCHEDULE**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	OPEN GYM 6:00-9:00am	OPEN GYM 6:00-8:00am	12/25/24 CHRISTMAS DAY CLOSED	OPEN GYM 6:00-8:00am	OPEN GYM 6:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00pm
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 8:00-10:45am 9:45-10:45 ½ gym	1/1/2025 Hours: 9:00am- 2:00pm	PICKLEBALL 8:45-10:45am 9:45-10:45 ½ gym	Silver Sneakers Classic 9:30-10:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00pm
		OPEN GYM 11:00am-11:45am (12/24/24)	OPEN GYM (1/1/25) 9:00am-2:45pm	Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen		
	Silver Sneakers Classic 10:00-10:45am Jen	OPEN GYM 11:00am-2:45pm (12/31/24)		Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen (No class 12/27)	
	PICKLEBALL 11:00-1:00pm	NO CLASSES 12/24/24 & 12/31/24	NO CLASSES 1/1/25	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm	GYM EVENTS 11:00-12:00pm
	Beginner PICKLEBALL (½ gym) 1:00-2:45pm				Beginner PICKLEBALL (½ Gym) 1:00-2:30pm	
	OPEN GYM 3:00-7:45pm			OPEN GYM 1:15-7:45pm	OPEN GYM 3:00-7:45pm	OPEN GYM 12:00-1:00pm

**KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
DECEMBER 22 – DECEMBER 31, 2024
INTERIM SCHEDULE**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	Kettle Bell Strength & Conditioning (Studio) 8:00-8:45am Jamie	12/24/24 Hours 6:00am-Noon CHRISTMAS EVE NO CLASSES	12/25/24 CHRISTMAS DAY CLOSED	Strength & Conditioning (Studio) 8:00-8:45am Dave (No Class 12/26)	Bands & Body Weight (Studio) 8:00-8:45am Dave	
	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	12/31/24 Hours: 6:00am-3:00pm NEW YEARS EVE NO CLASSES	1/1/2025 Hours: 9:00am-2:00pm NEW YEARS DAY	Healthy Back (Studio) 9:00-9:45am Dave (No Class 12/26)	Core & More (Studio) 9:00-9:45am Dave	
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen			Yoga (Studio) 10:00-11:00am Sarah	Silver Sneakers Classic (Gym) 9:30-10:15am Jen	Aqua Cycle (Pool) 9:00-9:45am Rebecca
	Zumba® (Studio) 10:00-10:45am Annette			Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Enerchi (Gym) 10:30-11:15am Jen (No class on 12/27)	BODYPUMP™ (Studio) 10:00-11:00am Anthony
	Aqua Cycle (Pool) 6:30-7:15pm Rebecca			Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		Yoga (Studio) 11:15-12:15pm Sarah