

**KEN-TON FAMILY YMCA  
GYM SCHEDULE  
MARCH 2025**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>OPEN GYM</b> 6:00-9:00am	<b>OPEN GYM</b> 6:00-8:00am	<b>OPEN GYM</b> 6:00-8:30am	<b>OPEN GYM</b> 6:00-8:00am	<b>OPEN GYM</b> 6:00-9:15am	<b>OPEN GYM (Half Court)</b> 8:00am-11:00pm
	<b>Silver Sneakers Circuit</b> 9:15-9:45am Annette	<b>PICKLEBALL</b> 8:00-10:45am 9:45-10:45 ½ gym	<b>Pilates</b> 9:00-9:45am Choon	<b>PICKLEBALL</b> 8:45-10:45am 9:45-10:45 ½ gym	<b>Silver Sneakers Classic</b> 9:30-10:15am Jen	<b>PICKLEBALL (Half Court)</b> 8:00am-11:00pm
		<b>Silver Sneakers Circuit – ½ Gym</b> 10:00-10:45am Jen	<b>Silver Sneakers Classic</b> 10:00-10:45am Choon	<b>Silver Sneakers Circuit – ½ Gym</b> 10:00-10:45am Jen		
	<b>Silver Sneakers Classic</b> 10:00-10:45am Jen	<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>PICKLEBALL</b> 11:00-1:00pm	<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>Silver Sneakers Enerchi</b> 10:30-11:15am Jen	<b>GYM EVENTS</b> 11:00-12:00pm
	<b>PICKLEBALL</b> 11:00-1:00pm	<b>Indoor Walking</b> 12:00-1:00pm	<b>Beginner PICKLEBALL</b> 1:00-2:45pm	<b>Indoor Walking</b> 12:00-1:00pm	<b>PICKLEBALL</b> 11:30-1:00pm	
	<b>Beginner PICKLEBALL</b> 1:00-2:45pm	<b>Open Gym</b> 1:15pm- 5:15pm	<b>OPEN GYM</b> 3:00-7:45pm	<b>OPEN GYM</b> 1:15-7:45pm	<b>Beginner PICKLEBALL</b> 1:00-2:30pm	<b>OPEN GYM</b> 12:00-1:00pm
		<b>Preschool Sports Sampler</b> 5:30pm – 7:30pm				
<b>Youth Sports Sampler</b> 6:30pm-7:30pm						
<b>OPEN GYM</b> 3:00-7:45pm				<b>OPEN GYM</b> 3:00-7:45pm		

Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.