



GYM SCHEDULE
Gym @ Fayette County Family YMCA
 January 19th - March 3rd
UPDATED FEBRUARY 21

P.O. Box 1021
 WASHINGTON COURT
 HOUSE, OH 43160
 (740) 335-0477

	MON	TUE	WED	THU	FRI	SAT	SUN
8am							Renew Church 8am - 1pm
9am		Pickleball Suzi M 9:30am - 11:30am		Pickleball Suzi M 9:30am - 11:30am		Kids Caveman Jerrod Ralph 9am - 10am	
						Adult Caveman Mathew M 9am - 9:50am	
10am						Youth Basketball League Whole Gym 10am - 4pm	
3pm	SACC 1/2 Gym 3:30pm - 5pm	SACC 1/2 Gym 3:30pm - 5pm	SACC 1/2 Gym 3:30pm - 5pm	SACC 1/2 Gym 3:30pm - 5pm	SACC 1/2 Gym 3:30pm - 5pm		
4pm	Speed and Agility Training 1/2 Gym Jerrod Ralph 4:30pm - 5:20pm		Speed and Agility Training 1/2 Gym Jerrod Ralph 4:30pm - 5:20pm				
5pm	Youth Basketball Practices 1/2 Gym 5:30pm - 6:15pm	Youth Basketball Practices Whole Gym 5:30pm - 8pm	Baseball Academy Jerrod Ralph 5:30pm - 6:30pm	Sunz Out Gunz Out 1/2 Gym Mathew M 5:25pm - 5:55pm			
	Rookies Sports 1/2 Gymnasium 5:30pm - 7:15pm			Youth Basketball Practices 1/2 Gym 5:30pm - 6:15pm			
6pm		Gym closed 5:30-8:30 through Feb 27	Hardcore Hallway 1/2 Gym Chris R 6:30pm - 7:30pm	MET-CON 1/2 Gym Mathew M 6pm - 6:50pm			
7pm	MET-CON 1/2 Gym Mathew M 7pm - 7:50pm		Basketball Academy 7:30-8:30 Full Gym				
	Adult Gym 7:30pm - 9:30pm						

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.

Adult Gym on Monday evenings is for YMCA members only. Guest passes will not be available for Adult Gym. Rules will be posted so that all adult members who wish to play will have the opportunity.