

OPEN GYM SCHEDULE

FEBRUARY 24, 2025 - APRIL 13, 2025

| <u>Sunday</u> | Monday | Tuesday | <u>Wednesday</u> | Thursday | Friday | <u>Saturday</u> | |
|--|---|--|--|--|--|---|--|
| Open Gym 12:00p-4:50p | Open Gym 6:00a-8:00a | Men's Basketball 6:00a-8:00a | Men's Basketball 6:00a-8:00a | Men's Basketball 6:00a-8:00a | Open Gym 6:00a-8:00a | Open Gym 7:00a-8:45a | |
| Facility Closes at 5 pm | Silver Sneakers Advanced Yoga 9:00a-9:45a | Silver Sneakers Classic 9:00a-9:45a | Senior Core Conditioning 9:00a-9:45a | Silver Sneakers Classic 9:00a-9:45a | Silver Sneakers Yoga 9:00a-9:45a | Taekwondo 9:00a-10:00a | |
| | Silver Sneakers Beginner Yoga 10:00a-10:45a | Bootcamp 10:00a-10:45a | Line Dancing 10:00a-10:45a | Open Gym 9:50a-10:15a | Line Dancing 10:00a-10:45a | Youth Basketball League 10am-4pm | |
| | Open Gym 10:50a-12:15p | Open Gym 10:50a-11:10p | | Open Gym 11:00a-12:15p | Facility Closes | | |
| | Men's Basketball 12:15p-2:00p | Preschool 11:15a-12:30p | Men's Basketball 12:15p-2:00p | Open Gym 11:00a-12:30p | Men's Basketball 12:15p-2:00p | at 5 pm | |
| | Open Gym 2:00p-2:45p | Pickleball 12:30p-2:30p | Open Gym 2:00p-5:45p | Pickleball 12:30p-2:30p | Open Gym 2:00p-7:50p | | |
| | ROTC 2:45p-4:00p | ROTC 2:45p-4:00p | Taekwondo 6:00p-7:00p | Open Gym 2:45p-5:00p | Facility Closes at 8 pm | | |
| | Open Gym 4:00p-5:00p | Open Gym 4:00p-5:00p B-BALL League Practice 5:15p-6:15p 6:30p-7:30p | Open Gym 7:15p-8:50p | B-BALL League Practice 5:15p-6:15p 6:30p-7:30p Open Gym 7:30p-8:50p | | | |
| | B-BALL League Practice 5:15p-6:15p 6:30p-7:30p | | Facility Closes at 9 pm | | | | |
| | Open Gym 7:30p-8:50p | Open Gym 7:30p-8:50p | | | | | |
| | Facility Closes at | Facility Closes at 9 pm | | Facility Closes at 9 pm | | | |
| GREEN I 3800 Massi Uniontown (330) 899-9 | , OH 44685 | i | akronymca.org | | | The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify. | |

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all. Connect with us! I f 😏