



Towpath Trail YMCA
March 16th - March 22nd

1226 Market St NE
Navarre, OH 44662
(330) 879-0800

	SUN 16	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
6am		Child Care Gym Time Gymnasium (S. Court) 6am - 7:50am	Child Care Gym Time Gymnasium (S. Court) 6am - 7:50am	Child Care Gym Time Gymnasium (S. Court) 6am - 7:50am	Child Care Gym Time Gymnasium (S. Court) 6am - 7:50am	Child Care Gym Time Gymnasium (S. Court) 6am - 7:50am	
		OPEN Gym Gymnasium (N. Court) 6am - 7:50am	OPEN Gym Gymnasium (N. Court) 6am - 7:45am	OPEN Gym Gymnasium (N. Court) 6am - 7:50am	OPEN Gym Gymnasium (N. Court) 6am - 10am	OPEN Gym Gymnasium (N. Court) 6am - 7:50am	
7am			Gym Closed-Cleaning Gymnasium (N. Court) 7:45am - 9:15am				
			Gym Closed-Cleaning Gymnasium (S. Court) 7:45am - 9:15am				
8am		Walk & Tone Gymnasium (S. Court) Heather P 8am - 8:50am		Walk & Tone Gymnasium (S. Court) Michelle M 8am - 8:50am	OPEN Gym Gymnasium (S. Court) 8am - 8:50am	Walk & Tone Gymnasium (N. Court) Michelle M 8am - 8:50am	
		Walk & Tone Gymnasium (N. Court) Heather P 8am - 8:50am		Walk & Tone Gymnasium (N. Court) Michelle M 8am - 8:50am		Walk & Tone Gymnasium (S. Court) Michelle M 8am - 8:50am	
9am		Child Care Gym Time Gymnasium (S. Court) 9am - 11am	Child Care Gym Time Gymnasium (N. Court) 9am - 10am	OPEN Gym Gymnasium (N. Court) 9am - 10am		Child Care Gym Time Gymnasium (S. Court) 9am - 11am	
		Pickup Basketball/Open Gym Gymnasium (N. Court) 9am - 12:45pm	HIIT the Ropes Gymnasium (N. Court) Kristina M 9:30am - 10:15am	TRX Gymnasium (S. Court) Kristina M 9am - 9:50am		Pickup Basketball/Open Gym Gymnasium (N. Court) 9am - 6:45pm	
			HIIT the Ropes Gymnasium (S. Court) Kristina M 9:30am - 10am				
10am		OPEN Gym Gymnasium (S. Court) 10am - 12:30pm		Child Care Gym Time Gymnasium (S. Court) 10am - 10:30am		LaBlast Dance Gymnasium (N. Court) Debbie H 10am - 10:45am	
				Drumming for Fitness Gymnasium (N. Court) Heather P 10am - 10:50am			
11am			SilverSneakers® BOOM Muscle Gymnasium (N. Court) Heather P 11am - 11:50am	Chair Yoga Gymnasium (N. Court) Beth A 11am - 11:50am	SilverSneakers® Classic Gymnasium (S. Court) Heather P 11am - 11:50am	OPEN Gym Gymnasium (S. Court) 11am - 2:50pm	
			SilverSneakers® BOOM Muscle Gymnasium (S. Court) Heather P 11am - 11:50am	Chair Yoga Gymnasium (S. Court) Beth A 11am - 11:50am			

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.



Towpath Trail YMCA
March 16th - March 22nd

1226 Market St NE
Navarre, OH 44662
(330) 879-0800

	SUN 16	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
12pm	Pickup Basketball/Open Gym Gymnasium (S. Court) 12pm - 2:45pm		OPEN Gym Gymnasium (S. Court) 12:15pm - 2:50pm	OPEN Gym Gymnasium (S. Court) 12pm - 2:50pm	OPEN Gym Gymnasium (S. Court) 12:15pm - 2:50pm		
	Pickup Basketball/Open Gym Gymnasium (N. Court) 12pm - 2:45pm		Pickleball- Open Games Gymnasium (N. Court) 12:45pm - 3:15pm	Pickup Basketball/Open Gym Gymnasium (N. Court) 12pm - 8:30pm	Pickleball- Open Games Gymnasium (S. Court) 12:45pm - 3:15pm		
			Pickleball- Open Games Gymnasium (S. Court) 12:45pm - 3:15pm		Pickleball- Open Games Gymnasium (N. Court) 12:45pm - 3:15pm		
1pm		Chair Yoga Gymnasium (S. Court) Jen P 1pm - 1:50pm					
		Chair Yoga Gymnasium (N. Court) Jen P 1pm - 1:50pm					
2pm		Pickup Basketball/Open Gym Gymnasium (N. Court) 2pm - 8:30pm					
		OPEN Gym Gymnasium (S. Court) 2:15pm - 2:50pm					
3pm		Child Care Gym Time Gymnasium (S. Court) 3pm - 5:30pm	Child Care Gym Time Gymnasium (S. Court) 3pm - 5:30pm	Child Care Gym Time Gymnasium (S. Court) 3pm - 5:30pm	Child Care Gym Time Gymnasium (S. Court) 3pm - 5:30pm	Child Care Gym Time Gymnasium (S. Court) 3pm - 5:30pm	
			Pickup Basketball/Open Gym Gymnasium (N. Court) 3:30pm - 6:15pm		Pickup Basketball/Open Gym Gymnasium (N. Court) 3:30pm - 6:15pm		
5pm		OPEN Gym Gymnasium (S. Court) 5:45pm - 8:30pm	OPEN Gym Gymnasium (S. Court) 5:35pm - 8:30pm	OPEN Gym Gymnasium (S. Court) 5:45pm - 8:30pm	OPEN Gym Gymnasium (S. Court) 5:35pm - 8:30pm	OPEN Gym Gymnasium (S. Court) 5:30pm - 6:45pm	
6pm			Martial Arts (\$) Gymnasium (N. Court) 6:30pm - 8:30pm		Martial Arts (\$) Gymnasium (N. Court) 6:30pm - 8:30pm		

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.