



Towpath Trail YMCA

July 1st - July 7th

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

	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6	MON 7
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 - 7:45am	OPEN Gym Gymnasium (N. Court) 6am - 7:50am	OPEN Gym Gymnasium (N. Court) 6am - 10am	OPEN Gym Gymnasium (N. Court) 6am - 7:50am			OPEN Gym Gymnasium (N. Court) 6am - 7:50am
7am	Gym Closed-Cleaning Gymnasium (S. Court) 7:45am - 9:15am						
	Gym Closed-Cleaning Gymnasium (N. Court) 7:45am - 9:15am						
8am		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			Walk & Tone Gymnasium (S. Court) Heather P 8am - 8:50am
9am	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			Child Care Gym Time Gymnasium (S. Court) 9am - 11am
	HIIT the Ropes Gymnasium (S. Court) Kristina M 9:30am - 10am	TRX Gymnasium (S. Court) Kristina M 9am - 9:50am		Pickup Basketball/Open Gym Gymnasium (N. Court) 9am - 6:45pm			Pickup Basketball/Open Gym Gymnasium (N. Court) 9am - 12:45pm
	HIIT the Ropes Gymnasium (N. Court) Kristina M 9:30am - 10:15am						
10am		Child Care Gym Time Gymnasium (S. Court) 10am - 10:30am		LaBlast Dance Gymnasium (N. Court) Debbie H 10am - 10:45am			OPEN Gym Gymnasium (S. Court) 10am - 12:30pm
		Drumming for Fitness Gymnasium (N. Court) Heather P 10am - 10:50am					
11am	SilverSneakers® BOOM Muscle Gymnasium (S. 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 (N. 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

July 1st - July 7th

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

	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6	MON 7
12pm	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 (S. Court) 12:45pm - 3:15pm	Pickup Basketball/Open Gym Gymnasium (N. Court) 12pm - 8:30pm	Pickleball- Open Games Gymnasium (N. Court) 12:45pm - 3:15pm			Pickup Basketball/Open Gym Gymnasium (S. Court) 12pm - 2:45pm	
	Pickleball- Open Games Gymnasium (N. Court) 12:45pm - 3:15pm		Pickleball- Open Games Gymnasium (S. Court) 12:45pm - 3:15pm				
1pm							Chair Yoga Gymnasium (N. Court) Jessica L 1pm - 1:50pm
							Chair Yoga Gymnasium (S. Court) Jessica L 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) 5:35pm - 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			OPEN Gym Gymnasium (S. Court) 5:45pm - 8:30pm
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.