



Towpath Trail YMCA
July 23rd - July 29th

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

	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28	TUE 29
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 - 10am	OPEN Gym Gymnasium (N. Court) 6am - 7:50am			OPEN Gym Gymnasium (N. Court) 6am - 7:50am	OPEN Gym Gymnasium (N. Court) 6am - 7:45am
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 (N. Court) Michelle M 8am - 8:50am	OPEN Gym Gymnasium (S. Court) 8am - 8:50am	Walk & Tone Gymnasium (S. Court) Michelle M 8am - 8:50am			Walk & Tone Gymnasium (N. Court) Heather P 8am - 8:50am	
	Walk & Tone Gymnasium (S. Court) Michelle M 8am - 8:50am		Walk & Tone Gymnasium (N. Court) Michelle M 8am - 8:50am			Walk & Tone Gymnasium (S. Court) Heather P 8am - 8:50am	
9am	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	Child Care Gym Time Gymnasium (N. Court) 9am - 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
							HIIT the Ropes Gymnasium (S. Court) Kristina M 9:30am - 10am
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	Chair Yoga Gymnasium (S. 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 (N. Court) Beth A 11am - 11:50am						SilverSneakers® BOOM Muscle Gymnasium (N. Court) Heather P 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 23rd - July 29th

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

	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28	TUE 29
12pm	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		OPEN Gym Gymnasium (S. Court) 12:15pm - 2:50pm
	Pickup Basketball/Open Gym Gymnasium (N. Court) 12pm - 8:30pm	Pickleball- Open Games Gymnasium (S. 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 (N. Court) 12:45pm - 3:15pm					Pickleball- Open Games Gymnasium (S. Court) 12:45pm - 3:15pm
1pm						Chair Yoga Gymnasium (S. Court) Jessica L 1pm - 1:50pm	
						Chair Yoga Gymnasium (N. 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) 5:45pm - 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	OPEN Gym Gymnasium (S. Court) 5:35pm - 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.