



Gymnasium
Gymnasium @ Massillon Family YMCA
 January 1st - January 31st

131 Tremont Ave SE
 Massillon, OH 44646
 (330) 837-5116

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 8:30am	Open Gym 5:45am - 9am		
7am	Child Care Gym Time 7:30am - 8:30am	Child Care Gym Time 7:30am - 8:30am	Child Care Gym Time 7:30am - 8:30am	Child Care Gym Time 7:30am - 8:30am	Child Care Gym Time 7:30am - 8:30am	Open Gym 7am - 11:45am	
8am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am	Preschool Gym Time 8:30am - 9:30am			
9am	Open Gym 9:30am - 10am	Open Gym 9:30am - 11am	Open Gym 9:30am - 11am	Open Gym 9:30am - 11am	Cycling 9am - 10am		
10am	Fitness Circuit 10am - 10:50am				Home School Gym (\$) 10am - 11am		
11am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am	Preschool Gym Time 11am - 11:45am	Open Gym 11am - 11:45am	Adult Pick-Up Games 11:45am - 2:30pm	Open Gym 11am - 3:45pm
	Adult Pick-Up Games 11:45am - 2:30pm	Adult Pick-Up Games 11:45am - 2pm	Adult Pick-Up Games 11:45am - 2:30pm	Adult Pick-Up Games 11:45am - 2pm	Adult Pick-Up Games 11:45am - 2:30pm		
2pm	Open Gym 2:30pm - 4pm	Open Gym 2pm - 4pm	Open Gym 2:30pm - 6pm	Open Gym 2pm - 4pm	Open Gym 2:30pm - 6pm	Open Gym 2:30pm - 3:45pm	
4pm	Child Care Gym Time 4pm - 5:30pm	Child Care Gym Time 4pm - 5:30pm		Child Care Gym Time 4pm - 5:30pm			
5pm	Open Gym 5:30pm - 6pm	Open Gym 5:30pm - 7pm		Fitness Circuit 5:30pm - 6:30pm			
6pm	Youth Pick-up Games 6pm - 7:30pm	Soccer Practice (Half Gym) 6pm - 6:45pm	Youth Pick-up Games 6pm - 7:30pm	Soccer Practice (Half Gym) 6pm - 6:45pm			
				Open Gym 6:30pm - 7pm			
7pm	Open Gym 7:30pm - 9:15pm	Adult Pick-Up Games 7pm - 9:15pm	Open Gym 7:30pm - 9:15pm	Adult Pick-Up Games 7pm - 9:15pm			

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.