

SUMMERVILLE FAMILY YMCA – November 3 - November 9 Ponds Gymnasium Schedule

Fitness classes are available for reservation online through our "Community Connect" App. Our code is: summervilleymca

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member
5:00AM	5AM-9AM	5AM-10AM	5AM-10AM	5AM-10AM	5AM-9AM			Aerobics
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7AM-745AM		Programming
8:00AM						Open Gym		
9:00AM						8AM-2PM		
9:00AM	9AM-10AM	Open Gym	Open Gym	Open Gym	9AM-10AM	Youth Sports		
	SHRED Open Gym				SHRED Open Gym			
10:00AM	10AM-11AM				10AM-11AM			
	SHINE Intro to Pickleball	Zumba Toning Open Gym	Zumba Open Gym	Zumba Toning Open Gym	Open Gym			
11:00AM	11AM-2PM	11AM-2PM	11AM-2PM	11AM-1PM	11AM-2PM			
12:00PM	Pickleball	Open Gym Pickleball	Pickleball	Open Gym Pickleball	Pickleball		12PM-1PM	Open Gym
1:00PM				1PM-2PM			1PM-5PM	
				Beyond Basics Pickleball				
2:00PM	2PM-4:50PM	2PM-4:15PM	2PM-4:50PM	2PM-4:15PM	2PM-4:50PM	2PM-5PM		
3:00PM	After School Open Gym	After School Open Gym	After School Open Gym	After School Open Gym	After School Open Gym	Open Gym		
4:00PM		4:15PM-4:50PM		4:15PM-4:50PM				
		Kid Fit Open Gym		Kid Fit Open Gym				
5:00PM		4:50PM-9PM		Open Gym				
6:00PM	6PM-9PM	6PM-9PM	6PM-9PM	6PM-9PM	6PM-9PM			
7:00PM	Youth Sports	Youth Sports	Youth Sports	Youth Sports	Youth Sports			
8:00PM								
9:00PM								

FACILITY CLOSSES AT 9PM M-F, 5PM SAT & SUN

Schedule is subject to change due to events and inclement weather