

# Minerva Area YMCA



## GYM SCHEDULE: (Effective February 28, 2024)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CLOSED
6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-6:00pm	8:00am-12pm	
OPEN GYM 6:00am-8:45am	OPEN GYM 6:00am-10:15am	OPEN GYM 6:00am-8:45am	OPEN GYM 6:00am-8:45am	OPEN GYM 6:00am-10:15am	OPEN GYM 8:00am-8:45am	
Step Intervals (DN) 9:00am-9:45am		Step Intervals (DN) 9:00am-9:45am	Pickleball 9:00am-11:00am		Pickleball 9:00am-11:00am	
Silver Sneakers Classic® (CH) 10:00am-11:00am	Forever Fit (CH) 10:30am-11:30am	Silver Sneakers Classic® (CH) 10:00am-11:00am		Forever Fit (CH) 10:30am-11:30am		
Retro Cardio (CH) 11:15am-12:15pm	Pickleball 11:45am-2:00pm	Retro Cardio (CH) 11:15am-12:15pm	Preschool Gym Time 1:30pm-2:30pm			
OPEN GYM 12:30pm-7:45pm	OPEN GYM 2:15pm-7:45pm	OPEN GYM 12:30pm-7:45pm	OPEN GYM 11:15am-1:15pm 2:45pm-7:45pm	OPEN GYM 11:45am-5:45pm	OPEN GYM 11:15am-11:45am	

**\*\*\*SCHEDULE SUBJECT TO CHANGE BASED ON YMCA PROGRAMS\*\*\***