



WILLIAMS FAMILY YMCA

GYM SCHEDULE – OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-9AM Open Gym	5-9AM Open Gym	5-9AM Open Gym	5-8AM Open Gym	5-9AM Open Gym	9-5PM Youth Sports	8-10AM Teen/Family Open Gym
9:15-10AM Power Yoga	9:30-10:15AM New U	9:15-10AM ALL OUT!	8-10:30AM Pickle Ball	9:15-10AM Tabata & Core		10-12PM Pickle Ball
10:15-11:15AM Zumba	10:30-11:30 Adult Open Gym	10:15-11:15AM Zumba	10:30-1130 Adult Open Gym	10:15-11AM Line Dancing		12-2PM Adult Open Gym
12:00-12:45PM Line Dancing				11-12PM Beginner Instructional Pickle Ball		
12PM-1PM HSPE (back court)	12PM-1PM HSPE	12PM-1PM HSPE	12PM-1PM HSPE	12-1pm Beginner Play Pickle Ball		
1PM-4:00PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1-4:00 Pickle Ball		2-5PM Teen Open Gym
5:30-9PM Youth Sports	4-6:00PM Open Gym	4-6PM Open Gym	4-6PM Open Gym	4-6PM Open Gym		
	6-9PM Youth Sports	6-8:00PM Youth Sports	6-7:00PM Youth Sports	6-7PM Youth Sports		
		8-9PM Adult Open Gym	7:00-9:00 Adult Open Gym	7-8PM Youth Sports		

*Programming supersedes all open gym activities.

*All other times are open gym and subject to change per Director.

*Open gym is for families/individuals who want to use the gym space.

October Events:

Oct. 4th Urban Soul Line Dancing 6:00pm-7:30pm

Oct 20th 10am-2pm Healthy Aging Day

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

YMCA of Florida's First Coast | FCYMCA.org