

CORTLAND YMCA GYM SCHEDULE

effective 10/11/2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Y opens at 6:30	YMCA Closed
6:00						Open Gym	
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30	Chair Yoga		Chair Yoga		Open Gym		
10:00	Pickleball	Open Gym	Pickleball	Open Gym	Pickleball		
10:30							
11:00	CAPCO						
11:30							
12:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	YMCA CLOSSES AT 1	
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00		Yoga					
5:30							
6:00							
6:30		Karate		Karate			
7:00							
7:30							
8:00	Y Closes at 8:00 PM				Y Closes at 6:30 PM		
8:30							
9:00							
9:30							



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY