



October 2019
 Gym @ Warren County YMCA
 October 1st - October 31st

700 West Harlem Ave
 Monmouth, IL 61462
 3097343183

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Pickleball 5am - 9am	Y-Walk 5am - 9am	Half Gym Pickleball/ Half Gym Y-Walk 5am - 9am	Y-Walk 5am - 9am	Pickleball 5am - 9am		
6am						Open Gym 6am - 4pm	
9am	Open Gym 9am - 11am	Open Gym 9am - 11am	Open Gym 9am - 11am	Open Gym 9am - 11am	Open Gym 9am - 11am		
11am	Adult Basketball 11am - 1pm	Pickleball 11am - 1pm	Adult Basketball 11am - 1pm	Pickleball 11am - 1pm	Adult Basketball 11am - 1pm		
1pm	Open Gym 1pm - 9pm	Open Gym 1pm - 9pm	Open Gym 1pm - 9pm	Open Gym 1pm - 6:45pm	Open Gym 1pm - 7pm		
6pm				Adult Volleyball League 6:45pm - 9pm			

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.