



January 2020
 Gym @ Warren County YMCA
 January 1st - January 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		
8am						Youth Basketball Leagues 8am - 2pm	
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 - 1:30pm		Open Gym 1pm - 2:45pm
					Homeschool P.E. 1:30pm - 2:30pm		
2pm					Open Gym 2:30pm - 5:15pm	Open Gym 2pm - 4pm	Adult Indoor Soccer League 2:45pm - 10pm
5pm					Special Olympics 5:15pm - 6:30pm		
6pm				Adult Volleyball League 6:45pm - 9pm	Open Gym 6:30pm - 7pm		

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.



Class Descriptions Warren County YMCA

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Adult Basketball - 'Noon Ball' for adults to play pick up basketball games.

Homeschool P.E. - Misc Sports and Group Fitness Classes

Open Gym - Open Gym

Pickleball - A fun sport sport that combines many elements of tennis, badminton and ping pong.

Special Olympics - Our Warren County Falcons are using the gym during this time to train for their sports.

Y-Walk - Enjoy walking inside while socializing with friends!