

## Gym Schedule June 26-July 18 Gym @ Warren County YMCA June 26th - July 18th

700 West Harlem Ave Monmouth, IL 61462 3097343183

|      | MON                              | TUE                              | WED  | THU                              | FRI                              | SAT                          | SUN |
|------|----------------------------------|----------------------------------|--|----------------------------------|----------------------------------|------------------------------|-----|
| 5am  | <b>Pickleball</b><br>5am - 9am   | <b>Y-Walk</b><br>5am - 9am       | Half Gym Pickleball/ Half<br>Gym Y-Walk<br>5am - 9am | <b>Y-Walk</b><br>5am - 9am       | <b>Pickleball</b><br>5am - 9am   |                              |     |
| 8am  |                                  |                                  |  |                                  |                                  | <b>Open Gym</b><br>8am - 2pm |     |
| 10am | <b>Daycamp</b><br>10am - 11:30am | <b>Daycamp</b><br>10am - 11:30am | <b>Daycamp</b><br>10am - 11:30am                     | <b>Daycamp</b><br>10am - 11:30am | <b>Daycamp</b><br>10am - 11:30am |                              |     |
| 11am | <b>Open Gym</b><br>11:30am - 7pm | <b>Open Gym</b><br>11:30am - 7pm | <b>Open Gym</b><br>11:30am - 7pm                     | <b>Open Gym</b><br>11:30am - 7pm | <b>Open Gym</b><br>11:30am - 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.