



Gym Schedule August 24-September 5  
 Gym @ Warren County YMCA  
 August 24th - September 5th

700 West Harlem Ave  
 Monmouth, IL 61462  
 3097343183

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Pickleball</b> No Instructor 5am - 9am	<b>Y-Walk</b> No Instructor 5am - 9am	<b>Half Gym Pickleball/ Half Gym Y-Walk</b> No Instructor 5am - 9am	<b>Y-Walk</b> No Instructor 5am - 9am	<b>Pickleball</b> No Instructor 5am - 9am		
8am						<b>Open Gym</b> 8am - 2pm	
9am	<b>Open Gym</b> 9am - 7pm	<b>Open Gym</b> 9am - 7pm	<b>Open Gym</b> 9am - 7pm	<b>Open Gym</b> 9am - 7pm			
11am					<b>Open Gym</b> 11:30am - 6:30pm		
6pm					<b>Special Olympics</b> 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.