



July 2021
 Gym @ Warren County YMCA
 July 1st - July 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						Open Gym 8am - 2pm	
9am	Open Gym 9am - 11am	Pickleball 9am - 1pm	Open Gym 9am - 11am	Pickleball 9am - 1pm	Open Gym 9am - 11am		
10am	Silversneakers Classic 10am - 10:45am		Silversneakers Classic 10am - 10:45am		Silversneakers Classic 10am - 10:45am		
11am	Adult Basketball 11am - 1pm		Adult Basketball 11am - 1pm		Adult Basketball 11am - 1pm		
1pm	Open Gym 1pm - 8pm	Open Gym 1pm - 5pm	Open Gym 1pm - 6:45pm	Open Gym 1pm - 8pm	Open Gym 1pm - 8pm		
5pm		Adult Basketball 5pm - 8pm					
6pm			Adult Volleyball League 6:45pm - 8pm				

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.