



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY GYM SCHEDULE

Effective JULY 1 2018

MONDAY

Open Gym (Members Only)	5:00am-8:00am
Tai Chi (Jayni Davis)	8:00am-9:00am
SS Yoga	9:00am-10:00am
Line Dancing	10:15am-11:15am
Pickleball (Adults only)	11:30am-2:30pm
Open Gym (Members Only)	2:30pm-5:30pm
Kids Fit	5:30pm-6:15pm
Volleyball Open Gym	6:15pm-8:15pm
Adult Pick-up Basketball*	8:30pm-9:45pm

TUESDAY

Open Gym (Members Only)	5:00am-10:00am
SS Classic	10:15am-11:15am
Open Gym (Members Only)	11:15am-5:15pm
Kids Fit	5:30pm-6:15pm
Memphis Starlings VBall	6:15pm-8:15pm
Open Gym (Members Only)	8:15pm-9:45pm

WEDNESDAY

Open Gym (Members Only)	5:00am-8:00am
Tai Chi (Jayni Davis)	8:00am-9:00am
Open Gym	9:00am-10:00am
SS Yoga	10:15am-11:15am
Pickleball (Adults only)	11:30am-2:30pm
Open Gym (Members Only)	2:30pm-4:00pm
Family/Teen Basketball*	4:00pm-6pm
Volleyball Open Gym	6pm-8:15pm
Pickleball	8:15pm-9:45pm

THURSDAY

Open Gym (Members Only)	5:00am-10:00am
SS Circuit	10:15am-11:15am
Open Gym (Members Only)	11:15am-5:30pm
Kids Fit	5:30pm-6:15pm
Memphis Starlings Vball	6:15pm-8:15pm
Open Gym (Members Only)	8:15pm-9:45pm

FRIDAY

Open Gym (Members Only)	5:00am-8:00am
Tai Chi (Jayni Davis)	8:00am-9:00am
Open Gym (Members Only)	9:00am-10:00am
SS Yoga	10:15am-11:15am
Pickleball (beginners/families)	11:30am-2:30pm
Open Gym (Members Only)	2:30pm-8:45pm

SATURDAY

Family/Teen Basketball*	7:00am-9:00am
Karate	9:00am-10:30am
Family/Teen Basketball*	10:30am-12pm
Open Gym (Members Only)	12:00pm-4:00pm
Journey Fellowship	4:00pm-6:00pm

SUNDAY

Open Gym (Members Only)	12:00pm-2:00pm
Adult Pick-up Basketball*	2:00pm-4:00pm
Open Gym (Members Only)	4:00pm-4:45pm

Schedule subject to change with or without notice

Adult Basketball *18 and Older & Open Gym

Are reserved for Members ONLY *NO GUESTS*

Family/Teen *17 & under or Family's shooting together

NO GUESTS

HOURS

Monday-Thursday 5:00am-9:45pm Friday 5:00am-8:45pm

Saturday 7:00am-5:45pm Sunday 12:00pm-4:45pm

CHILDCARE

Monday-Thursday 8:30am-1:00pm & 4:00pm-8:00pm

Friday 8:00-1:00pm & 4:00-7:00pm

Saturday 8:00am-1:00pm

Cordova Family YMCA

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