Ferris Family Fitness Room Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM	**Closed**	Open 7:30-10:00	Open 7:30-3:00	Open 7:30-10:00	Open 7:30-3:00	Open 7:30-3:00	Open 7:30-11:15
8:00 AM							
9:00 AM							
10:00 AM		Silver Sneakers with Staff 10:00-12:00		Silver Sneakers with Staff 10:00-12:00			**Fun2BFit 11:15-12:45**
11:00 AM							
12:00 PM	Open 11:30-4:00	Open 12:00-3:00		Open 12:00-3:00			Open 12:45-4:00
1:00 PM							
2:00 PM							
3:00 PM		**Closed 3:00-5:00**	**Closed 3:00-5:00**	**Closed 3:00-5:00**	**Closed 3:00-5:00**	**Closed 3:00-5:00**	
4:00 PM	**Closed**						**Closed**
5:00 PM		**Swim Team 5:00-7:00**	Open 5:00-5:45	**Swim Team 5:00-7:00**	Open 5:00-5:45	Family Fitness with Staff 5:00-8:00 PM	
6:00 PM			**Fun2BFit 5:45-7:15**		**Fun2BFit 5:45-7:15**		
7:00 PM		Open 7:00-9:30	Open 7:15-9:30	Open 7:00-9:30	Open 7:15-9:30		
8:00 PM							
9:00 PM						**Closed**	

*Anyone between the ages of 6 and 16 must be accompanied by an adult. Children under age 6 are not allowed.

*Family Fitness: time for families to exercise and spend time together. If you do not know how to use the equipment, please attend the Friday evening Family Fitness with YMCA staff to learn.

*Swim Team and Fun2BFit: room reserved during these times for members of these programs only.

YMCA of Greater Cincinnati