

Ferris Fitness Room Schedule - Summer

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

***Anyone under the age of 16 must be accompanied by an adult.**

*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.

