



GYM SCHEDULE

Schedule good from

December 1, 2024 – March 1, 2025

HAMILTON FAMILY YMCA

7430 Shallowford Rd

Chattanooga, TN 37421

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05-6:05 am Total Body Platinum Gym A & B	5:00-9:00 am OPEN GYM Gym A	5:05-6:05 am Total Body Platinum Gym A & B	5:00-9:00 am OPEN GYM Gym A	5:00-9:00 am OPEN GYM Gym A & B	8:00-6:00pm YOUTH BASKETBALL Gym A & B
6:15-9:00 am OPEN GYM Gym A & B	6:30am- 8:30am PICKLEBALL Gym B	6:15-9:00 am OPEN GYM Gym A & B	6:30am- 8:30am PICKLEBALL Gym B		
9:00-10:05 am Circuit Training Gym A & B	9:00-10:00 am Senior Balance Gym A & B	9:00-10:05 am Circuit Training Gym A & B	9:00-10:00 am Senior Balance Gym A & B	9:00-10:05 am Circuit Training Gym A & B	
10:00-11:00 am OPEN GYM Gym A	10:00-4:00 pm OPEN GYM Gym B	10:00-11:00 am OPEN GYM Gym A	10:00am-4:00pm Open Gym Gym A & B	10:00-2:00 pm OPEN GYM Gym B	
10:15-11:15am BODY SCULPT Gym B	10:30-3:00 pm PICKLEBALL Gym A	10:15-11:15am BODY SCULPT Gym B	10:30-3:00 pm PICKLEBALL Gym A	10:15-11:15am BODY SCULPT Gym A	
11:15am-12:00pm OPEN GYM Gym A & B		11:15am-1:00pm OPEN GYM Gym A & B		11:15-3:30 pm PICKLEBALL Gym A	
12:00-2:00 pm PICKUP BASKETBALL Gym A & B		1:00pm-4:00 pm PICKLEBALL Gym A & B			
2:00-5 pm OPEN GYM Gym A			3:00-4:00 pm OPEN GYM Gym A & B	2:00-4:00 pm OPEN GYM Gym A & B	
2:15-5:00 pm PICKLEBALL Gym B	4:00-5:00 pm YOUTH TRAINING Gym A		4:00-5:00 pm YOUTH TRAINING Gym A	4:00-5:00 pm OPEN GYM Gym A & B	
	4:00-5:00 pm OPEN GYM Gym B	4:00-5:00 pm OPEN GYM Gym B	4:00-5:00 pm OPEN GYM Gym B		
5:00-8:30 pm YOUTH BASKETBALL Gym A & B	5:00-8:30 pm YOUTH BASKETBALL Gym A & B	5:00-8:30 pm YOUTH BASKETBALL Gym A & B	5:00-8:30 pm YOUTH BASKETBALL Gym A & B	5:00-8:30 pm YOUTH BASKETBALL Gym A & B	
8:30-9:50 pm OPEN GYM Gym A & B	8:30-10:00 pm OPEN GYM Gym A & B	8:30-9:50 pm OPEN GYM Gym A & B	8:30-10:00 pm OPEN GYM Gym A & B	8:30-8:50 pm OPEN GYM Gym A & B	

SUNDAY

9:00-4:50 pm
OPEN GYM
Gym A

Updated
11/21/2024

GYM RULES:

- NO DUNKING
- NO FOOD, DRINKS OR GUM
- NO INAPPROPRIATE LANGUAGE
- DO NOT LEAVE VALUABLE ITEMS UNATTENDED

-SCHEDULE SUBJECT TO CHANGE AT ANYTIME.

-YOUTH BASKETBALL STARTS ON JAN 6TH.

-DEC 14TH GYM WILL CLOSE AT 3PM