



Summer 2024 Gym Schedule

SOUTHSIDE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	7am-3pm Open Gym All Day 7am-3pm	
6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball		
8am-10:30am Sports: Open Pickleball	8:30am- 9:30am YSPIN Bob	8am-10:30am Sports: Open Pickleball	8am-10:30am Sports: Open Pickleball	8:30am- 9:30am YSPIN Bob		
		11 PM- 12 PM Family Priority- Basketball/Volleyball				
12 PM - 1:15 PM Sports: Basketball		12:15 PM - 1PM YSPIN THERESA/BOB	12 PM - 1:15 PM Sports: Basketball			
1 PM- 6:30 PM						
Family Priority- Basketball/Volleyball						

LOCATIONS

Downtown Branch

127 W. Wesley St.

517.782.0537

Summit Branch

2151 Ferguson Rd.

jacksonYMCA.org

PRICING

YMCA Members

Classes marked with a "\$" are:

\$8 drop-in ; \$22 monthly

All other classes are FREE

Community

\$15 drop-in;

\$98 for 10 classes

**BUILDING
FOR A BETTER
TOMORROW**

**CONSTRUCTION
SPECIALS!**

\$0 JOIN FEES

JacksonYMCA.org





Summer 2024 Gym Schedule

NORTHSIDE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	5am-6:30am Sports: Open Pickleball	7am-3pm Open Gym All Day 7am-3pm
6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	6:30am-8am Sports: Open Basketball	
8am-10:30am Sports: Open Pickleball	8am-10:30am Sports: Open Pickleball	8am-10:30am Sports: Open Pickleball	8am-10:30am Sports: Open Pickleball	8am-10:30am Sports: Open Pickleball	
		11 PM- 12 PM Adult Priority- Basketball			
12:15- 1PM AMPD- HIIT THERESA		12 PM - 1:15 PM Sports: Basketball			
		1 PM- 6:30 PM			
	Basketball/ Volleyball/ Pickleball- Open Gym				

New Class Arrivals

FIT AND STEADY FRIDAY AT 12:15PM WITH SUZY

Improve strength, balance, and flexibility for everyday tasks and fall prevention. Stay active, healthy, and independent with Fit and Steady.

CIRCUITS AT SUMMIT 5:30AM WITH BELINDA

Join us for a strength/cardio circuit at the Summit Branch. Rotate through stations that will work your entire body using TRX, kettlebells, dumbbells or body weight exercises.

SUMMER DAY CAMP June 10 - August 16, 2024

Register@ bit.ly/summerYcamp24

