



GYM SCHEDULE

Fall 1: SEPTEMBER 5 - OCTOBER 29

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																				
5:00am	Open Gym 5:00-9:00am	Open Gym 5:00-8:30am	Open Gym 5:00-9:30am	Open Gym 5:00-8:30am	Open Gym 5:00-9:00am	Open Gym 6:00-9:30am	Facility Opens @ 7:00 am Open Gym 7:00-8:00am	5:00am																																			
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9:00am	Youth Sports 1/2 9:00-10:00am	Class Academy 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Class Academy 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Kidsafe Karate 1/2 9:30-2:00pm	Men's Basketball League 8:00-1:30pm	9:00am																																			
9:30am	Open Gym 1/2 9:00-11:00am							Kinder Gym 1/2 9:30-10:30am	Open Gym 1/2 9:30-11:00am	Home School 9:00-11:00am	Senior Fitness 11:00-12:00pm	Open Gym 1/2 9:30-4:00am	9:30am																														
10:00am	Stretch & Balance 10:00-11:00am							Open Gym 1/2	Senior Fitness 11:00-12:00pm				Lunch Break 12:00-1:30pm	Senior Fitness 11:00-12:00pm	Open Gym 1/2 9:30-4:00am	10:00am																											
10:30am	Senior Fitness 11:00-12:00pm							Lunch Break Basketball 12:00-1:30pm								Lunch Break Basketball 12:00-1:30pm	Lunch Break 12:00-1:30pm	Lunch Break 12:00-1:30pm	Open Gym 1/2 9:30-4:00am	10:30am																							
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The YMCA reserves the right to make changes at any time. Schedules are also available at TheCommunityYMCA.org.