



GYM SCHEDULE

Fall 2: OCTOBER 30 - DECEMBER 24

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						
5:30am								5:30am						
6:00am								6:00am						
6:30am								6:30am						
7:00am								7:00am						
7:30am								7:30am						
8:00am								8:00am						
8:30am								8:30am						
9:00am	Open Gym 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	Open Gym 1/2 9:30-4:00am	Men's Basketball League 8:00-1:30pm	9:00am						
9:30am								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	Kidsafe Karate 1/2 9:30-2:00pm	9:30am	
10:00am	Stretch & Balance 10:00-11:00am							Open Gym 1/2 10:00-11:00am	Open Gym 1/2				Senior Fitness 11:00-12:00pm	Lunch Break 12:00-1:30pm
10:30am										Lunch Break 12:00-1:30pm	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am		
11:00am	Senior Fitness 11:00-12:00pm							Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm				Senior Fitness 11:00-12:00pm	Lunch Break 12:00-1:30pm
11:30am														
12:00pm	Lunch Break Basketball 12:00-1:30pm							Open Gym 2:00-4:00pm	Open Gym 1:30-4:00pm	Open Gym 2:00-3:00pm	Open Gym 1:30-6:00pm	Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	12:00pm
12:30pm														
1:00pm	Open Gym 1:30-3:00pm							Open Gym 2:00-4:00pm	Open Gym 1:30-4:00pm	Open Gym 2:00-3:00pm	Open Gym 1:30-6:00pm	Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	1:00pm
1:30pm														
2:00pm	Open Gym 1:30-3:00pm	Open Gym 2:00-4:00pm	Open Gym 1:30-4:00pm	Open Gym 2:00-3:00pm	Open Gym 1:30-6:00pm	Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	2:00pm						
2:30pm														2:30pm
3:00pm	Open Gym 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Open Gym 4:00-5:00pm	Open Gym 4:00-5:00pm	3:00pm						
3:30pm														3:30pm
4:00pm	Open Gym 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Youth Sports 1/2 3:00-5:00pm	Open Gym 4:00-5:00pm	Open Gym 4:00-5:00pm	4:00pm						
4:30pm														4:30pm
5:00pm	Open Gym 5:00-10:00pm	Youth Sports 1/2 5:00-6:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 5:00-10:00pm	Open Gym 5:00-7:00pm	Open Gym 1/2 5:00-8:00pm	Birthday Party 1/2 5:00-7:00pm	5:00pm						
5:30pm		Open Gym 1/2 5:00-6:00pm	Youth Sports 1/2 4:00-5:00pm					Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 5:00-8:00pm	Birthday Party 1/2 5:00-8:00pm	Open Gym 1/2 5:00-7:00pm	5:30pm		
6:00pm														
6:30pm												6:30pm		
7:00pm												7:00pm		
7:30pm												7:30pm		
8:00pm												8:00pm		
8:30pm												8:30pm		
9:00pm												9:00pm		
9:30pm												9:30pm		
9:45pm							9:45pm							
10:00pm							10:00pm							

The YMCA reserves the right to make changes at any time. Schedules are also available at TheCommunityYMCA.org.