



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	Open Gym 1/2 9:30-4:00am	10:00am			
10:30am										Lunch Break 12:00-1:30pm	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am				10:30am			
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	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	11:00am		
11:30am																			11:30am
12:00pm	Lunch Break Basketball 12:00-1:30pm							Open Gym 2:00-4:00pm	Lunch Break Basketball 12:00-1:30pm	Open Gym 2:00-3:00pm	Open Gym 1:30-6:00pm	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	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	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	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	Open Gym 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	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 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	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 1/2 9:30-4:00am	Open Gym 1/2 9:30-4:00am	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	Open Gym 1/2 5:00-7:00pm	5:00pm											
5:30pm			Youth Sports 1/2 4:00-5:00pm									5:30pm							
6:00pm		Open Gym 5:00-10:00pm	Open Gym 6:00-10:00pm					Open Gym 5:00-10:00pm	Open Gym 5:00-10:00pm	Open Gym 5:00-7:00pm	Open Gym 1/2 5:00-8:00pm	Open Gym 1/2 5:00-7:00pm	6:00pm						
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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.