



# GYM SCHEDULE

## Winter: JANUARY 2 - FEBRUARY 25

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY															
5:00am	Open Gym 5:00-10:00am	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 6:00-8:30am	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	Class Academy 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Youth Sports 1/2 9:30-10:30am	Open Gym 1/2 9:30-10:30am	Home School 9:00-11:00am	Youth Basketball 8:30-10:30am	Men's Basketball League 8:00-1:30pm	9:00am														
9:30am								9:30am														
10:00am	Stretch & Balance 10:00-11:00am	Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm	Class Academy 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Kidsafe Karate 1/2 10:30-2:00pm	10:00am														
10:30am	Open 1/2 10:00-11:00am							Open Gym 1/2	Open Gym 1/2	Open Gym 1/2	Open Gym 1/2	Open Gym 1/2	10:30am									
11:00am	Senior Fitness 11:00-12:00pm							Lunch Break Basketball 12:00-1:30pm	Lunch Break Basketball 12:00-1:30pm	Senior Fitness 11:00-12:00pm	Lunch Break 12:00-1:30pm	Senior Fitness 11:00-12:00pm	Open Gym 1/2 10:30-4:00pm	11:00am								
11:30am														11:30am								
12:00pm	Lunch Break Basketball 12:00-1:30pm							Open Gym 1:30-4:30pm	Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm	Open Gym 1:30-4:30pm	Open Gym 1:30-4:30pm	Open Gym 1/2 2:00-4:00pm	12:00pm								
12:30pm														12:30pm								
1:00pm	Open Gym 1:30-4:30pm							Open Gym 2:00-4:00pm	Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm	Open Gym 1:30-4:30pm	Open Gym 1:30-4:30pm	Open Gym 1/2 2:00-4:00pm	1:00pm								
1:30pm														Open Gym 1:30-2:00pm	1:30pm							
2:00pm		YBL 1/2 4:00-5:00pm	PSA 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	Open 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm							Open Gym 1/2 4:00-5:00pm	2:00pm							
2:30pm															Open Gym 1/2 4:30-6:00pm	2:30pm						
3:00pm		Lawyer's League Basketball 5:00-9:00pm	Open Gym 1/2 6:00-8:00pm	PSA 1/2 6:00-7:30pm	Open Gym 5:00-7:00pm	Futsal 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm							Open Gym 1/2 5:00-6:00pm	3:00pm							
3:30pm															Open Gym 1/2 2:00-4:00pm	3:30pm						
4:00pm															YBL 1/2 4:00-5:00pm	PSA 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	Open 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	4:00pm
4:30pm																						4:00-5:00pm
5:00pm	Lawyer's League Basketball 5:00-9:00pm							Open Gym 1/2 6:00-8:00pm	PSA 1/2 6:00-7:30pm	Open Gym 5:00-7:00pm	Futsal 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm	Open Gym 1/2 5:00-6:00pm		5:00pm							
5:30pm															Open Gym 1/2 5:00-6:00pm	5:30pm						
6:00pm															Open Gym 1/2 6:00-8:00pm	PSA 1/2 6:00-7:30pm	Open Gym 5:00-10:00pm	Intermediate Volleyball 7:00-10:00pm	Futsal 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm	Open Gym 1/2 5:00-6:00pm	6:00pm
6:30pm																						6:00-8:00pm
7:00pm		Lawyer's League Basketball 5:00-9:00pm	Open Gym 1/2 6:00-8:00pm	PSA 1/2 6:00-7:30pm	Open Gym 5:00-7:00pm	Futsal 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm							Open Gym 1/2 5:00-6:00pm	7:00pm							
7:30pm															Open Gym 1/2 6:00-8:00pm	7:30pm						
8:00pm															Open Gym 1/2 6:00-8:00pm	PSA 1/2 6:00-7:30pm	Open Gym 5:00-10:00pm	Intermediate Volleyball 7:00-10:00pm	Futsal 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm	Open Gym 1/2 5:00-6:00pm	8:00pm
8:30pm																						7:30-9:00pm
9:00pm	Open Gym 9:00-10:00pm							Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm		9:00pm							
9:30pm															9:00-10:00pm	9:30pm						
9:45pm															Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	Open Gym 9:00-10:00pm	9:45pm
10:00pm																						9:00-10:00pm

The YMCA reserves the right to make changes at any time. Schedules are also available at [TheCommunityYMCA.org](http://TheCommunityYMCA.org).