



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	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	Men's Basketball League 8:00-1:30pm	9:00am						
9:30am								9:30am						
10:00am	Stretch & Balance 10:00-11:00am	Open Gym 1:30-4:00pm	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 1:30-2:00pm	10:00am						
10:30am	Open 1/2 10:00-11:00am							10:30am						
11:00am	Senior Fitness 11:00-12:00pm							11:00am						
11:30am	Lunch Break Basketball 12:00-1:30pm							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	Kidsafe Karate 1/2 10:30-2:00pm	Open Gym 1/2 10:30-4:00pm	11:30am
12:00pm														12:00pm
12:30pm	Open Gym 1:30-4:00pm							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 10:30-4:00pm	12:30pm
1:00pm														1:00pm
1:30pm														1:30pm
2:00pm														2:00pm
2:30pm														2:30pm
3:00pm		3:00pm												
3:30pm		3:30pm												
4:00pm	YBL 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	YBL 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	4:00pm						
4:30pm	PSA 1/2 4:00-5:00pm	Open Gym 1/2 4:30-6:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	4:30pm						
5:00pm	Lawyer's League Basketball 5:00-9:00pm	PSA 1/2 5:00-6:00pm	Open Gym 5:00-10:00pm	Open Gym 5:00-7:00pm	Open Gym 5:00-7:00pm	Futsal 1/2 4:30-9:00pm	Open Gym 1/2 5:00-7:00pm	5:00pm						
5:30pm		4:30-6:00pm						5:30pm						
6:00pm		Open Gym 1/2 6:00-8:00pm						PSA 1/2 6:00-7:30pm	6:00pm					
6:30pm		6:00-8:00pm						6:00-7:30pm	6:30pm					
7:00pm		Open Gym 7:00-8:00pm						Open Gym 7:30-9:00pm	Open Gym 7:30-9:00pm	Intermediate Volleyball 7:00-10:00pm	Intermediate Volleyball 7:00-10:00pm	Open Gym 7:00-8:00pm	Open Gym 7:00-8:00pm	7:00pm
7:30pm														7:30pm
8:00pm														8:00pm
8:30pm														8:30pm
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	Facility Closes @ 6:00pm	9:00pm
9:30pm														9:30pm
9:45pm	9:45pm													
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.