



GYM SCHEDULE

SPRING 1: February 26 - APRIL 22

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	Stretch & Balance 10:00-11:00am	Class Academy 1/2 8:30-2:00pm	Youth Sports 1/2 9:30-10:30am	Class Academy 1/2 8:30-2:00pm	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	Open 1/2 10:00-11:00am	Open Gym 1/2 8:30-2:00pm	Open Gym 1/2 9:30-10:30am	Open Gym 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Kidsafe Karate 1/2 10:30-2:00pm	Open Gym 1/2 10:30-4:00pm	10:00am
10:30am	Open Gym 1/2		Open Gym 1/2					Open Gym 1/2
11:00am	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 10:30-4:00pm	11:00am
11:30am	Lunch Break Basketball 12:00-1:30pm		Lunch Break Basketball 12:00-1:30pm	Lunch Break 12:00-1:30pm				Open Gym 1/2 2:00-4:00pm
12:00pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm		Open Gym 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	
12:30pm	Open Gym 2:00-4:00pm		Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm				Open Gym 1/2 2:00-4:00pm
1:00pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 1:30-4:30pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
1:30pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 1:30-4:30pm				Open Gym 4:00-5:00pm
2:00pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
2:30pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm				Open Gym 4:00-5:00pm
3:00pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
3:30pm	Open Gym 1:30-4:00pm		Open Gym 1:30-4:00pm	Open Gym 2:00-4:00pm				Open Gym 4:00-5:00pm
4:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
4:30pm	PSA 1/2 4:00-5:00pm		PSA 1/2 4:30-6:00pm	PSA 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
5:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
5:30pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
6:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
6:30pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
7:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
7:30pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
8:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
8:30pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
9:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
9:30pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm
9:45pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm		Open Gym 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	
10:00pm	Open Gym 1/2 4:00-5:00pm		Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-6:00pm				Open Gym 4:00-5:00pm

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