



GYM SCHEDULE

SPRING 2: APRIL 23 - JUNE 17

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

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