



# GYM SCHEDULE

## SUMMER: JUNE 18 - September 3

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
5:00am	Open Gym 5:00-7:30am	Open Gym 5:00-7:30am	Open Gym 5:00-7:30am	Open Gym 5:00-7:30am	Open Gym 5:00-7:30am	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	Open Gym 1/2 7:30-9:30am	Camp 1/2 7:30-9:30am	Open Gym 1/2 7:30-9:30am	Camp 1/2 7:30-9:30am	Open Gym 1/2 7:30-9:30am	Camp 1/2 7:30-9:30am	Open Gym 1/2 7:30-9:30am	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	Open 1/2 10:00-11:00am	Open Gym 9:30-11:00am				Men's Basketball League 8:00-1:30pm	10:00am					
10:30am								10:30am					
11:00am	Senior Fitness 11:00-12:00pm		Senior Fitness 11:00-12:00pm		Senior Fitness 11:00-12:00pm	Kidsafe Karate 1/2 10:30-2:00pm	Open Gym 1/2 10:30-4:00pm	11:00am					
11:30am									11:30am				
12:00pm	Lunch Break Basketball 12:00-1:30pm		Lunch Break Basketball 12:00-1:30pm		Lunch Break 12:00-1:30pm			12:00pm					
12:30pm								12:30pm					
1:00pm								1:00pm					
1:30pm	Open Gym 1:30-10:00pm	Open Gym 9:30am-10:00pm	Open Gym 1:30-10:00pm	Open Gym 9:30am-10:00pm	Open Gym 1:30-9:00pm	Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	Open Gym 1:30-2:00pm					
2:00pm								2:00pm					
2:30pm											Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	Birthday Party 1/2 2:00-4:00pm
3:00pm													
3:30pm													3:00pm
4:00pm													3:30pm
4:30pm													4:00pm
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8:30pm								8:00pm					
9:00pm								8:30pm					
9:30pm								9:00pm					
9:45pm								9:30pm					
10:00pm					Facility Closes @ 9:00pm			9:45pm					
						Facility Closes @ 8:00pm		10:00pm					

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