



# 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 6:00-8:00am	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	YBL 8:00-10:00am	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 Gym 9:30am-10:00pm	Open Gym 9:30-11:00am	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	Men's Basketball League 8:00-1:00pm	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									11:30am						
12:00pm	Lunch Break Basketball 12:00-1:30pm								12:00pm						
12:30pm									12:30pm						
1:00pm	Open Gym 1:30-10:00pm								Open Gym 9:30am-10:00pm	Open Gym 9:30am-10:00pm	Open Gym 1:30-9:00pm	Open Gym 4:00-6:00pm	Facility Closes @ 6:00pm	Open Gym 1:00-2:00pm	1:00pm
1:30pm															1:30pm
2:00pm															2:00pm
2:30pm															Birthday Party 1/2 2:00-4:00pm
3:00pm		Open Gym 1/2 2:00-4:00pm	3:00pm												
3:30pm			3:30pm												
4:00pm		Open Gym 1:30-10:00pm	Open Gym 9:30am-10:00pm	Open Gym 9:30am-10:00pm	Open Gym 1:30-9:00pm	Open Gym 4:00-6:00pm	Facility Closes @ 6:00pm	Open Gym 4:00-5:00pm							4:00pm
4:30pm															4:30pm
5:00pm															5:00pm
5:30pm															5:30pm
6:00pm	6:00pm														
6:30pm	6:30pm														
7:00pm	7:00pm														
7:30pm	7:30pm														
8:00pm	8:00pm														
8:30pm	8:30pm														
9:00pm	Facility Closes @ 9:00pm	Facility Closes @ 5:00pm	Facility Closes @ 5:00pm	Facility Closes @ 9:00pm	Facility Closes @ 6:00pm	Facility Closes @ 6:00pm	Facility Closes @ 5:00pm	9:00pm							
9:30pm								9:30pm							
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](http://TheCommunityYMCA.org).