



# GYM SCHEDULE

## Fall 1: SEPTEMBER 4 - OCTOBER 28

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 5:00-11:00am	Open Gym 5:00-8:30am	Open Gym 5:00-9:00am	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	Senior Fitness 11:00-12:00pm	Class Academy 1/2 8:30-2:00pm	Homeschool 9:00am-11:00am	Open Gym 6:00-10:30am	Men's Basketball League 8:00-1:30pm	10:00am						
10:30am	Open Gym 1/2 10:00-11:00am							Open Gym 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm	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	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	11:30am		
12:00pm	Lunch Break Basketball 12:00-2:00pm							Lunch Break Basketball 12:00-2:00pm	Lunch Break Basketball 12:00-2:00pm	Lunch Break 12:00-2:00pm	Lunch Break 12:00-2:00pm	Kidsafe Karate 1/2 10:30-2:00pm	Open Gym 1/2 10:30-4:00pm	12:00pm
12:30pm														12:30pm
1:00pm														1:00pm
1:30pm														1:30pm
2:00pm	Open Gym 2:00-10:00pm							Open Gym 2:00-10:00pm	Open Gym 2:00-5:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-5:30pm	Open Gym 4:00-5:00pm	Open Gym 4:00-6:00pm	2:00pm
2:30pm		2:30pm												
3:00pm		3:00pm												
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8:30pm	8:30pm													
9:00pm	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).