

Gym Schedule 09/08/2025 - 09/14/25

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-12:00PM	6:00AM-11:00AM	6:00AM-9:45AM	6:00AM-11:00AM	6:00AM-12:00PM	7:00AM-8:45PM	8:00AM-1:00PM (HC)
2:15PM-3:00PM	2:00PM-3:00PM	11:00AM-12:00PM	2:00PM-3:00PM	2:00PM - 3:00PM	3:15PM-6:00PM	1:15PM-6:00PM
7:15PM-9:00PM	7:45PM-9:00PM	2:00PM-3:00PM	7:30PM-9:00PM	8:15PM-9:00PM		
		7:15PM-9:00PM (FC)				

PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00PM-2:00PM	11:00AM-12:00PM (Group/Private)	12:00PM-2:00PM	11:00AM-11:30AM (Group/Private)	12:00PM-2:00PM		
	12:00PM-2:00PM		12:00PM-2:00PM			

YMCA VOLLEYBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00PM-7:45PM (T)		5:00PM-6:00PM (P)	5:45PM-8:15PM		
			6:00PM-7:30PM (T)			

Y BASKETBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30PM-7:00PM	5:00PM-7:00PM				9:00AM-1:00PM	

Silver Sneakers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00AM-11:00AM				