



Gym Schedule 01/01/2025 - 01/31/25

Facility Hours:
M-F: 6 AM - 9 PM
Sat: 7 AM - 6 PM
Sun: 8 AM - 6 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-10:00AM Open Gym	6:00-11:00AM Open Gym	6:00 AM - 7:00 AM Basketball Fitness Class S+	6:00-11:00AM Open Gym	6:00-10:00AM Open Gym	7:00 - 9:00AM Open Gym	8:00 - 10:00AM Open Gym
		7:00AM -10:00AM Open Gym				
10:00-10:45AM Zumba Gold S+	Group Pickleball Lessons 11:00 - 12:00PM	10:00-10:45 AM Silver Sneakers SS-RA	Group Pickleball Lessons 11:00 - 12:00PM	10:00 - 10:45 AM Zumba Gold S+	9:00AM - 1:00PM Basketball Lessons	10:00 - 1:00 PM Open Gym
11:00-11:45AM Open Gym		11:00-11:45 AM Zumba Toning S+		11:00 - 11:45 AM Chair Stretch SS-RA	10:00AM -10:45AM Karate (half-court)	
12:00-2:00PM Pickleball S+	12:00 - 2:00 PM Pickleball SS-RA	12:00 - 2:00 PM Pickleball S+	12:00 - 2:00 PM Pickleball SS-RA	12:00 - 2:00 PM Pickleball S+	11:00AM -11:45AM Self-Defense (half-court)	1:00 - 3:45PM Open Gym
2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym		
3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	12:00PM - 6:00PM Open Gym	4:00 - 6:00PM Open Gym (Half Court)
4:30-6:00PM OPEN GYM	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:00 PM Teen Bootcamp (half-court)	4:15-5:45PM Open Gym	4:15-5:00 PM Teen Bootcamp (half-court)		
6:00-7:45PM Basketball Class (half court)	5:15 -9:00PM Open Gym Full Court	5:00 - 5:45 PM BBall Holistic Warrior (half- court)	5:45-6:00PM Swim Team	5:00-6:00PM OPEN GYM	8:00-9:00PM OPEN GYM FULL COURT	4:00 - 6:00PM Open Court Pickleball (Half Court)(PP)
7:30-8:15PM Flex & Flow (half court) (S+)		6:00 - 7:45 PM Basketball Class (PP)	5:00-9:00 PM OPEN GYM FULL COURT	6:00 - 7:45PM Soccer (PP)		
8:15-9:00PM OPEN GYM FULL COURT	8:00 -9:00PM Open Gym Full Court					

New Rochelle YMCA | 914-632-1818 | www.nrymca.org | Updated 11/26/24

On this sheet, each cell in the table making up this schedule counts as 15 minutes; a group of 4 cells equals an hour, for future reference in schedule editing.