



Gym Schedule 03/11/2025 - 03/16/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:55AM Open Gym FC	6:00-11:00AM Open Gym FC	6:00-10:00AM Open Gym FC	6:00-11:00AM Open Gym FC	6:00-10:00AM Open Gym FC		
10:00-10:45AM Zumba Gold	11:00-12:00PM Group Pickleball Lessons HC	10:00-10:45AM Silver Sneakers FC	11:00 - 12:00PM Group Pickleball Lessons HC	10:00 - 10:45AM Zumba Gold FC	7:00-8:45AM Open Gym FC	8:00 -10:00AM Open Gym Please note this may vary for private events FC
11:00-11:45AM Open Gym FC		11:00-11:45AM Zumba Toning FC		11:00-11:45AM Chair Stretch FC	9:00-11:00AM YMCA Basketball Program	
12:00-2:00PM Pickleball FC	12:00-2:00PM Pickleball FC	12:00-2:00PM Pickleball FC	12:00-2:00PM Pickleball FC	12:00-2:00PM Pickleball FC	10:00-11:00AM YMCA Basketball Program	
2:00-3:00PM Open Gym FC	2:00-3:00PM Open Gym FC	2:00-3:00PM Open Gym FC	2:00-3:00PM Open Gym FC	2:00-3:00PM Open Gym FC	12:00-3:00PM YC Basketball HC	10:00-1:00PM Young Coaches Basketball HC
3:00-4:15PM After School FC	3:00-4:15PM After School FC	3:00-4:15PM After School FC	3:00-4:15PM After School FC	3:00-4:15PM After School FC		10:00-1:00PM Open Gym HC
4:15-5:00PM TEEN TIME (12-18) FC	4:15PM-5:00PM TEEN TIME (12-18) FC	4:15PM- 5:00PM TEEN TIME (12-18) FC	4:15PM - 5:00 PM TEEN TIME (12-18) FC	4:15PM - 6:30PM 4 TO 12 year old with parents only HC	12:00-3:00PM Open Gym HC	1:00-3:00PM Open Gym FC
5:00-6:00PM YMCA Basketball -	5:00-9:00PM OPEN GYM FC	5:00-6:00PM YC Volleyball HC	5:00 - 6:30PM YMCA - Volleyball FC	4:15PM -6:30PM TEEN TIME HC (12-18)		
6:00-7:00PM YMCA Basketball -		5:00PM-6:00PM Skill level 1 K-2 HC		6:30PM -9:00PM OPEN GYM FC		
7:15-9:00PM OPEN GYM FC		6:00-7:00PM YC Volleyball HC	6:45PM-9:00PM OPEN GYM FC		3:00-6:00PM Open Gym FC	
	6:00PM-7:00PM Skill level 2 3-5 HC					
		7:00PM-9:00PM OPEN GYM FC				3:00 - 5:45PM (PP) Pickleball (Full Court)

(Content Key) FC: Full Court HC: Half Court
M-F: 6 AM - 9 PM
Sat: 7 AM - 6 PM
Sun: 8 AM - 6 PM