

Gym Schedule 08/01/2025 - 08/22/25

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-9:45AM	6:00AM-9:45AM	6:00AM-9:45AM	6:00AM-9:45AM	6:00AM-9:45AM	7:00AM-11:45AM	8:00AM-6:00PM
11:00AM-12:00PM	4:00PM-5:45PM			11:00AM-12:00PM	2:00PM-6:00PM	
4:15PM-9:00PM	7:45PM-9:00PM	5:00PM-6:00PM (HC)	7:30PM-9:00PM	4:15PM-9:00PM		
		7:00PM-9:00PM (FC)				

PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00PM-2:00PM	11:00AM-12:00PM (Group/Private)	11:30PM-1:30PM	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
	6:00PM-7:30PM (T)		5:00PM-6:00PM (P)			
			6:00PM-7:30PM (T)			

SUMMER CAMP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00AM-11:00AM	10:00AM-11:00AM	11:00AM-12:00PM	10:00AM-11:00AM	10:00AM-11:00AM		
2:00PM-4:00PM	2:00PM-4:00PM	1:30PM-5:00PM	3:00PM-5:00PM	2:00PM-4:00PM		

YCP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00PM-6:00PM (HC)			12:00PM-2:00PM	
		6:00PM-7:00PM (FC)				

Silver Sneakers

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