

Gym Schedule 09/02/2025 - 09/07/25

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY	6:00AM-11:00AM	6:00AM-9:45AM	6:00AM-11:00AM	6:00AM-12:00PM	7:00AM-11:45AM	8:00AM-9:45AM
LABOR DAY	2:00PM-5:00PM	11:00AM-12:00PM	2:00PM-3:15PM	2:00PM - 9:00PM	12:00PM-3:00PM (HC)	10:00AM-1:00PM(HC)
	7:45PM-9:00PM	2:00PM- 9:00PM	4:30PM-9:00PM		3:15PM-6:00PM (FC)	1:15PM-6:00PM

Kidz Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY			3:30PM-4:15PM	3:30PM-4:15PM		

YMCA VOLLEYBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY						

Y BASKETBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY						
LABOR DAY						
LABOR DAY						

Silver Sneakers

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

PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY	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			