

Gym Schedule 09/20/2025 - 09/28/25

OPEN GYM

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

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) 6:00PM-7:30PM (T)	6:00PM-8:00PM (T)		

Y BASKETBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15PM-8:00PM(HC)		7:15PM-8:00PM(HC)		10:00AM-11:00AM	

Silver Sneakers

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