

Gym Schedule 1/3/2025 - 1/12/26

OPEN GYM

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

PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:00AM-12:00PM (Group/Private)		12:00PM-3:00PM			3:00PM-5:45PM
12:00PM-2:00PM	12:00PM-3:00PM			12:00PM-2:00PM		

YMCA VOLLEYBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00PM-6:00PM(HC)					
	6:00PM-7:30PM(T)(HC)					

Y BASKETBALL

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

Silver Sneakers

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