

GYM SCHEDULE updated April 4, 2022

Schedule is subject to change

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|--|--------------------------------|---|----------------------------|--------------------------|
| SIDE A | 5:15am-6am Boot Camp | 5am-4:30pm Open Gym 3:30pm-4:30pm *Dodgeball 2nd & 4th Tuesdays 4:30pm-7pm Open Gym | 5am-9am Open Gym | 5am-7:15pm Open Gym 7:15pm-8:45pm Adult Open Gym | 5:15am-6:00am Boot Camp | 7am-9am Open Gym |
| | 6am-11am Open Gym | | 9am-11am Pickleball | | 6am-9am Open Gym | 9am-10am Refit |
| | 11am-11:30am Unique Rhythms | | 11am-11:30am Unique Rhythms | | 9am-11am Pickleball | 10am-12:45pm Open Gym |
| | 11:30am-4:30pm Open Gym | | 11:30am-3:45pm Open Gym | | 11am-7:45pm Open Gym | |
| | 4:30pm-8pm Gymnastics | 3:45pm-8pm Gymnastics | | | | |
| SIDE B | 5:15am-6:00am Boot Camp | 5am-4:30pm Open Gym 3:30pm-4:30pm *Dodgeball 2nd & 4th Tuesdays 4:30pm-5:45pm Open Gym | 5am-9am Open Gym | 5am-7pm Open Gym 7pm-8:45pm Adult Open Gym | 5:15am-6:00am Boot Camp | 7am-9am Open Gym |
| | 6am-6pm Open Gym | | 9am-11am Pickleball | | 6am-9am Open Gym | 9am-10am Refit |
| | 6pm-7pm Refit | | 11am-6pm Open Gym | | 9am-11am Pickleball | 10am-12:45pm Open Gym |
| | 7pm-8:45pm Adult Open Gym | | 6pm-7pm Refit | | 11am-7:45pm Open Gym | |
| | | 6pm-6:30pm Tabata | | | | |

*Dodgeball is available on the 2nd and 4th Tuesdays of the month. You must be a member of the YMCA and 10 years of age or older.

FITNESS SCHEDULE updated April 4, 2022

Schedule is subject to change

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|------------------------------------|--|------------------------------------|-------------------------------|--------------------------|
| | 5:15am-6am Boot Camp - Gym | 9:00-9:45am Journey To Wellness | 9:30am-10:30am Senior Stability - MPR | 9:00-9:45am Journey To Wellness | 5:15am-6am Boot Camp - Gym | 9am-10am Refit - Gym |
| | 9:30am-10:30am Senior Stability - MPR | 6pm-6:30pm Tabata - Gym | 9am-11am Pickleball - Gym | 5pm-6pm Karate - MPR | 9am-11am Pickleball - Gym | 9am-10am Karate - MPR |
| | 11am-11:30am Unique Rhythms - Gym | | 11am-11:30am Unique Rhythms Gym | 6pm-6:45pm Pilates MPR | | |
| | 6pm-7pm Refit - Gym | | 6pm-7pm Refit - Gym | 7pm-8pm Yoga - MPR | | |
| | 7pm-8pm Yoga - MPR | | | | | |