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| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Attention:YMCA Members: FreeNon-members: $7.00 per dayPlease review the rules on the back of this schedule.Clean all equipment used.Most of all have fun and stay fit! |
| 5:30 AM | **8:00 Open** | **Open 5:30** | **Open 7:00** | **Open 5:30** | **Open 7:00** | **Open 5:30** |  Opens 8:00 |
| 6:00 AM | 5:30-8:30Open Gym  | 5:30-8:30Open Gym  | 5:30-10:30Open Gym   |
| 6:30AM |
| 7:00 AM |
| 7:30 AM | 7:00-10:15 Open Gym  | 7:00-9:45Open Gym  |
| 8:00 AM | 8:30-11:30Pickle Ball |
| 8:30 AM | 8:00-2:00 Open Gym  |
| 9:00 AM | 9:00-9:45X-Fit | 9:00-9:45X-Fit |
| 9:30 AM |
| 10:00 AM | 10:00-10:45Silver Sneakers | 10:00-10:45Silver Sneakers | 10:00-11:00Chair Yoga  |
| 10:30 AM | 10:30-12:00Yoga (depends on class size) |
| 11:00 AM | 11:00-12:00Enhance Fitness | 2:00-4:00 Open Gym  | Open Gym11:30-5:00 | 11:00-12:00EnhanceFitness |
| 11:30 AM |
| 12:00 PM |
| 12:30 PM | CLOSED 12:00 | 1:00 – 4:00 Open Gym  | 12:00-5:00Open Gym  | 1:00 –5:00Open Gym  5:00-5:45Pre K Sports6:00-7:00Floor Hockey |
| 1:00 PM |
| 1:30 PM |
| 2:00 PM | CLOSED 2:00 |
| 2:30 PM |
| 3:00 PM |
| 3:30 PM |
| 4:00 PM |
| 4:30 PM | 4:30 Set UP | 4:30 Set UP | 5:00 Set UP |
| 5:00 PM | 5:00-6:00Body Fit | 5:00-6:00Body Fit |
| 5:30 PM | 5:30-6:30Simply Strength | 5:30-6:30Simply Strength |
| 6:00 PM | 6:45-7:45Karate | 6:30-7:45 |
| 6:30 PM | 6:45-7:45Pickle Ball | 6:30-7:45Pickle Ball |
| 7:00 PM |
| 7:30 PM |
| 8:00 PM |
| CLOSED 8:00 | CLOSED 8:00 | CLOSED 8:00 | CLOSED 8:00 | CLOSED 8:00 |