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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 | Opens 8:00 | Open 5:30 | Open 5:30 | Open 5:30 | Open 5:30 | Open 5:30 |  Opens 8:00 |
| 5:30-8:30Open Gym  | 5:30-5:15 Open Gym  | 5:30-8:30Open Gym  | 5:30-5:15Open Gym   | 5:30-10:30Open Gym   |
| 6:00 AM |
| 6:30AM |
| 7:00 AM |
| 7:30 AM |
| 8:00 AM | 8:15-11:00Pickle Ball11:00-1:00BasketballCLOSED 1:00 |
| 8:30 AM | 8:30-9:30 ZumbaStarting 1/159:45-3:00 Open Gym CLOSED 3:00 |
| 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 |
| 10:30 AM |
| 11:00 AM | 11:00-12:00Enhance Fitness | 2:00-4:00 Reserved Pickle Ball  | 11:00-12:00EnhanceFitness |
| 11:30 AM |
| 12:00 PM |
| 12:30 PM | 1:00 – 4:00 Open Gym  | 1:00 –5:00Open Gym   |
| 1:00 PM |
| 1:30 PM |  |
| 2:00 PM |
| 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 PM | 5:00-6:00Body Fit | 5:00-6:00Body Fit | 4:45-5:30Pre K Mix Sports5:30-6:30Jr. Basketball  |
| 5:30 PM | 5:30-6:30Simply Strength | 5:30-6:30Simply Strength |
| 6:00 PM | 6:45-7:45Karate | 6:30-8:15 Basketball  |
| 6:30 PM | 6:45-8:15Pickle Ball | 6:30-8:15Pickle Ball |
| 7:00 PM |
| 7:30 PM |
| 8:00 PM |
| 8:30 PM | CLOSED 8:30 | CLOSED 8:30 | CLOSED 8:30 | CLOSED 8:30 | CLOSED 8:30 |