|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Attention:  YMCA Members: Free  Non-members: $7.00 per day  Please 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 |
| 5:30-8:30  Open Gym | 5:30-5:15  Open Gym | 5:30-8:30  Open Gym | 5:30-5:15  Open Gym | 5:30-10:30  Open Gym |
| 6:00 AM |
| 6:30AM |
| 7:00 AM |
| 7:30 AM |
| 8:00 AM | 8:15-11:00  Pickle Ball  11:00-1:00  Basketball  CLOSED 1:00 |
| 8:30 AM | 8:30-9:30 Zumba  Starting 1/15  9:45-3:00  Open Gym  CLOSED  3:00 |
| 9:00 AM | 9:00-9:45  X-Fit | 9:00-9:45  X-Fit |
| 9:30 AM |
| 10:00 AM | 10:00-10:45  Silver Sneakers | 10:00-10:45  Silver Sneakers |
| 10:30 AM |
| 11:00 AM | 11:00-12:00  Enhance Fitness | 2:00-4:00  Reserved Pickle Ball | 11:00-12:00  Enhance  Fitness |
| 11:30 AM |
| 12:00 PM |
| 12:30 PM | 1:00 – 4:00 Open Gym | 1:00 –5:00  Open 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 | 5:00-6:00  Body Fit | 5:00-6:00  Body Fit | 4:45-5:30  Pre K Mix Sports  5:30-6:30  Jr. Basketball |
| 5:30 PM | 5:30-6:30  Simply Strength | 5:30-6:30  Simply Strength |
| 6:00 PM | 6:45-7:45 Karate | 6:30-8:15  Basketball |
| 6:30 PM | 6:45-8:15  Pickle Ball | 6:30-8:15  Pickle 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 |