



GYM SCHEDULE

Spring II Session | May 1 - June 25, 2023

as of 4.5.23

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-9:45 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM Ginna	Open Gym 6:30-8:45 AM	Open Basketball 6:30-9:45 AM	Morning Yoga 8-8:50 AM Adele	Open Gym 8-9:50 AM
		Gym Closed 15 minutes	Gym closed 15 minutes		Gym closed 10 minutes	
		Open Gym 8:05 AM-9:45 AM	Stretch & Release 9 - 9:50 AM Maddi M		9 - 9:50 AM YMCA	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes		
Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes	Gym closed 10 minutes
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
MG & Me Playdate 11 - 11:50 AM	MG&Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	Morning Yoga 11 - 11:50 AM Ginna	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Anna	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Gym Closed 30 Minutes	Gym Closed 10 Minutes
		1 - 1:50 PM YMCA	Gym Closed 15 minutes		Circuit Training 1 - 1:50 PM Carlos R.	12 - 1 PM YMCA
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 30 Minutes
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	A-Tech HS 2-3:30 PM	2 - 3 PM YMCA	Open Pickleball Adults 18+ 1:30 - 3:30 PM
		Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM		Instructional Youth Soccer-Ages 4-6 3:30 - 4:30 PM	Gym Closed 120 min.	
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Intermediat Ages 7-12 5-6 PM	5 -6 PM YMCA	4:30 - 5:30 PM YMCA	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	Gym Closed
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Youth Capoeira Ages 5-10 5 :30- 6:30 PM		
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Boot Camp 6:30 - 7:20 PM Mark	6:30 - 7 PM YMCA	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Open Pickleball Adults 18+ 7:30 - 9:45 PM	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM	Gym Closed 30 Minutes		
				Open Basketball Adults 18+ 7:30-9:45 PM		

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