



GYM SCHEDULE

Spring II Session | Apr 29 - June 23, 2024

as of 3.28.24

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM Hans	Open Gym 6:30-9:45 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	Open Gym 8:05 -10:50 AM			Gym closed 10 minutes	
	Gym Closed 15 minutes	Gentle Yoga 10 - 10:50 AM Stefanie M.			Open Basketball Adults 18+ 9 - 9:50 AM	
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes	Open Basketball 10 - 10:50 AM
MG &Me Playdate 11 - 11:50 AM	MG &Me Playdate 11 - 11:50 AM	Open Gym 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	Gym Closed 10 Minutes
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	12 - 1 PM YMCA
Gym Closed 15 minutes	Gym Closed 15 minutes	1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM		Circuit Training 1 - 1:50 PM Carlos R.	Gym Closed 30 Minutes
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes		Gym Closed 10 minutes	Open Pickleball Adults 18+ 1:30 - 3:30 PM
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	2 - 3 PM YMCA	Bday Party Rentals 3:30-4:30 PM
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM	5 -6 PM YMCA	Instructional Youth Soccer-Ages 4-6 3 - 4 PM	Gym Closed 120 min.	
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Instructional Youth Basketball -Intermediate Ages 7-12 5-6 PM	Gym Closed 30 Minutes	Instructional Youth Soccer-Ages 7-12 4 - 5 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Gym Closed 30 Minutes	Boot Camp 6:30 - 7:20 PM Mark	Youth Capoeira Ages 5-10 5 - 6 PM	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	GYM CLOSED
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM	Gym Closed 15 Minutes		
		Open Pickleball Adults 18+ 7:30 - 9:45 PM		Open Basketball-Teens 6:15-7:45 PM		
				Open Basketball-Adults 7:45-9:45 PM		

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