



# GYM SCHEDULE

Summer Session | July 1-August 25, 2024

as of 5.30.24

\* 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	Gym Closed   15 minutes	Gym Closed   15 minutes		Gym closed   10 minutes	Gym closed   10 minutes
	Gym Closed   15 minutes	Open Gym 8:05 - 10:50 AM	Gym Closed   15 minutes		Gym Closed   15 minutes	Open Basketball Adults 18+ 9 - 9:50 AM
Gym Closed   10 minutes	Gentle Yoga 10 - 10:50 AM Stefanie M.		Gentle Yoga 10 - 10:50 AM Erin C	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	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 11 - 11:50 AM
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	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	12 - 1 PM YMCA
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Circuit Training 1 - 1:50 PM Carlos R.	Open Pickleball Adults 18+ 1:30 - 3:30 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	2 - 3 PM YMCA	Bday Party Rentals 3:30-4:30 PM
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Instructional Youth Basketball -Intermediate Ages 7-12 5-6 PM	Boot Camp 6:30 - 7:20 PM Mark	Instructional Youth Soccer-Ages 7-12 4 - 5 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	GYM CLOSED
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Gym Closed   30 Minutes	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM	Youth Capoeira Ages 5-10 5 - 6 PM	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
		Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.		Open Basketball-Teens 6:15-7:45 PM		
		Open Pickleball Adults 18+ 7:30 - 9:45 PM		Open Basketball-Adults 7:45-9:45 PM		

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