



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Winter Session | Jan 2-Feb 23, 2025

as of 11.25.24

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Sunrise Yoga 7:00-7:50 AM TBD	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Sunrise Yoga 8-8:50 AM Adele	Open Gym 8-9:50 AM
		Gym Closed 15 minutes			Gym closed 10 minutes	
		Adult Basketball Ages 18+ 8:05 - 11:50 AM			Open Basketball Adults 18+ 9 - 9:50 AM	
	Gym Closed 15 minutes		Gym Closed 15 minutes	Gym Closed 15 minutes		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
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 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	Yoga 11 - 11:50 AM Runn	Gym Closed 15 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 Runn	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM		12 - 1 PM YMCA
		Gym Closed 15 minutes	Gym Closed 15 minutes			Gym Closed 30 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 30 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	
		Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM		Instructional Youth Soccer Ages 4-6 3 - 4 PM	3 - 4:30 PM YMCA	
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Intermediate Ages 7-12 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Soccer Ages 7-12 4 - 5 PM	Gym Closed 30 min.	Bday Party Rentals 3:30-4:30 PM
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Open Basketball Teens 13-17 5-7 PM	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 PM	GYM CLOSED
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 Jon	Gym Closed 30 Minutes	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	Open Basketball Adults 18+ 7:30-9:45 PM		



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