

# the YMC<sup>®</sup> GYM SCHEDULE

Summer | Jun 30 – Aug 24, 2025

as of 5.30.25

\* Schedule changes are noted in red.

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	7:00-7:50 AM <b>YMCA</b>	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	8-8:50 AM <b>YMCA</b>	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   25 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.	Instructional Youth Basketball – Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
Gym Closed   10 minutes	Gym Closed   10 minutes		Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   15 Minutes	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	11 - 11:50 AM <b>YMCA</b>	Instructional Youth Basketball – Interm. Ages 7-12 11:30-12:30 PM	
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   30 Minutes	12 - 1 PM <b>YMCA</b>
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	12 - 12:50 PM <b>YMCA</b>	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Circuit Training 1 - 1:50 PM Carlos R.	Open Pickleball Adults 18+ 1:30 - 3:30 PM
		Gym Closed   15 minutes	Gym Closed   15 minutes		Gym Closed   10 minutes	
		1 - 1:50 PM <b>YMCA</b>	Open Pickleball Adults 18+ 1 - 1:45 PM		2 - 3 PM <b>YMCA</b>	
Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   10 minutes	Gym Closed   15 minutes	Gym Closed   30 minutes	3 - 4:30 PM <b>YMCA</b>	
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Gym Closed   30 min.	Bday Party Rentals 3:30-4:30 PM
		Instructional Youth Basketball –Beginner Ages 4-6 4 - 5 PM		<b>YMCA</b> 3 - 4 PM	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 PM	
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	<b>YMCA</b> 4 - 5 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	GYM CLOSED
Gym Closed   30 Minutes	Gym Closed   30 Minutes	Gym Closed   30 Minutes	Gym Closed   30 Minutes	Open Basketball Teens 13-17 5-7 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 Jon	Gym Closed   30 Minutes		
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Open Badminton 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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