



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

Winter Session | Jan 2 - Feb 22, 2026

as of 11.26.25

\* 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	Open Gym 6:30 -9:45 AM	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Open Gym 8-8:50 AM	Open Gym 8-9:50 AM
	Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   15 minutes	Open Basketball Adults 18+ 9 - 9:50 AM	
	Gentle Yoga 10 - 10:50 AM TBD	Strength Training 10 - 10:50 AM Maddie M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Cond. 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	11 - 11:50 AM YMCA	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	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 - Intern. 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	12 - 12:50 PM YMCA	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   10 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   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 2-3 PM	Afterschool 2-3 PM	2 - 3 PM YMCA	
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	Instructional Tennis Ages 5-8 3:30 - 4:15 PM	Instructional Youth Soccer   Ages3-4 3 - 4 PM	3 - 4:30 PM YMCA	Bday Party Rentals 3:30-4:30 PM
		Instructional Youth Basketball -Intermediat Ages 7-12 5-6 PM	Instructional Tennis Ages 9-12 4:15 - 5 PM	Instructional Youth Soccer   Ages 5-6 4 - 5 PM	Gym Closed   30 min.	
Gym Closed   30 Minutes	Gym Closed   30 Minutes	Gym Closed   30 Minutes	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Soccer   Ages7-12 5 - 6 PM	Saturday Night Lights—Basketball Teens Ages11-14 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 Erin C.	Gym Closed   30 Minutes	Open Basketball Teens 13-17 6 - 7:15 PM	Saturday Night Lights—Basketball Teens Ages15-18 7-9 PM	
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	Boot Camp/ Jon 6:30 - 7:20 PM	Open Basketball Adults 18+ 7:30-9:45 PM		
			Open Volleyball Adults18+ (Intermediate/ Adv) 7:45-9:45 PM			



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