



GYM SCHEDULE

Fall Session | Nov 2-Dec 27, 2026

as of 10.9.26

* 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	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 10 minutes	
					Open Basketball Adults 18+ 9-9:50 AM	
	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes		Gym closed 25 minutes	
	Gentle Yoga 10-10:50 AM Erin C.	Strength Training 10-10:50 AM Maddie M.	10-10:50 AM YMCA	Total Body Cond. 10-10:50 AM Ali A.		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	Instructional Youth Soccer- Beg. Ages 6-8 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	Instructional Youth Soccer- Beg. Ages 9-12 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	12-12:50 PM YMCA	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12-1:45 PM		Open Basketball Teens 13-17 12-1:45 PM
		Gym Closed 10 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		
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM		Afterschool 2-3 PM	Gym Closed 10 minutes	
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	Afterschool 2-3 PM	Instructional Youth Soccer Ages 3-4 3-4 PM	Open Basketball Teens 13-17 2-3 PM	Open Basketball Adults 18+ 1:45-3:30 PM
		Instructional Youth Basketball - Intermediate Ages 7-12 5-6 PM	Instructional Tennis Ages 5-8 3:30-4:15 PM	Instructional Youth Soccer Ages 5-6 4-5 PM	Open Basketball Adults 18+ 3-4:30 PM	
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Soccer Ages 7-12 5-6 PM	Gym Closed 30 min.	Tennis - Youth Ages 5-8 3:45-4:30 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 Erin C.	Boot Camp/ Jon 6:30-7:20 PM	Open Basketball Teens 13-17 6-7:15 PM	Saturday Night Lights Basketball Teens Ages 11-14 5-7 PM	Tennis - Youth Ages 9-12 4:30-5:15 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	Open Volleyball Adults 18+ (Int/ Adv) 7:45-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights Basketball Teens Ages 15-18 7-9 PM	Birthday Party Rentals 5:15-6:15 PM



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