

<b>YMCA MAIN GYM</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	5:00 AM	BOOT CAMP 5-6 AM	OPEN GYM 5 - 9 AM	BOOT CAMP 5-6 AM	OPEN GYM 5 - 9 AM	BOOT CAMP 5-6 AM	OPEN GYM 7 AM - 6 PM			
	6:00 AM	OPEN GYM		OPEN GYM		OPEN GYM				
	7:00 AM	6 - 8 AM		6 - 8 AM		6 - 8 AM				
	8:00 AM	PICKLEBALL 8 - 11:30 AM	QUICK WALK 9-9:30	PICKLEBALL	QUICK WALK 9-9:30	PICKLEBALL 8 - 11:30 AM				
	9:00 AM		OPEN 9:30-10:30	HOMESCHOOL 10- 11	OPEN 9:30-10:30					
	10:00 AM		TOT TIME 10:30-11:30	OPEN GYM 11- 12	Gymnastics 10:30-11:15					
	11:00 AM		ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL				ADULT BASKETBALL	
	12:00 PM	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL				
	1:00 PM	OPEN GYM 1-5 PM	OPEN GYM 1-5 PM	PICKLEBALL	OPEN GYM 1-5 PM	*OPEN GYM* 1 - 10 PM				**OPEN GYM** 12 - 6 PM
	2:00 PM			1:30 - 3:30 PM						
	3:00 PM			OPEN 3:30-5:30						
	4:00 PM									
	5:00 PM	YOUTH SPORTS	YOUTH SPORTS	KIDS LIFT 5:30-6:15	YOUTH SPORTS					
	6:00 PM	5 - 7 PM	5-7 PM	YOUTH SPORTS 6:15-7	5-7 PM					
7:00 PM	VOLLEYBALL	VOLLEYBALL	VOLLEYBALL	VOLLEYBALL						
8:00 PM	7 - 10 PM	7 - 10 PM	7 - 10 PM	7 - 10 PM						
9:00 PM										

\* MAIN GYM CLOSED ONCE A MONTH FOR SKATE NIGHT: 1/19, 2/16, 3/16  
 \*\* SUNDAYS- MAIN GYM - 1/2 GYM ONLY DUE TO VOLLEYBALL GAMES: 2/4 THRU 3/11\*\*  
 ‡ ARMORY GYM CLOSED M-F 12:15 PM - 1:15 PM FOR CHILDCARE ‡

<b>ARMORY GYM</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	‡ MONDAY -FRIDAY 5 AM - 5PM ‡ ARMORY GYM ONLY AVAILABLE IF MAIN YMCA GYM IS FULL OR CLOSED.  † WEEKENDS † NATIONAL GUARD HAS FULL USE OF ARMORY GYM TWICE A MONTH, SCHEDULE SUBJECT TO CHANGE.  PLEASE SEE FRONT DESK ABOUT AVAILABILITY DURING THESE TIMES					† OPEN GYM † 7 AM - 6 PM	† OPEN GYM † 12-6 PM
	5:00 PM	OPEN GYM 5-10 PM	OPEN GYM	MARTIAL ARTS	OPEN GYM		
	6:00 PM		5 - 7 PM	5 - 8 PM	5 - 7 PM		
	7:00 PM		VOLLEYBALL	OPEN GYM	VOLLEYBALL		
	8:00 PM		7 - 8:30 PM		7 - 8:30 PM		
	9:00 PM		OPEN GYM 8:30-10	8 - 10 PM	OPEN GYM 8:30-10		

## GYM SCHEDULE EFFECTIVE JANUARY THRU MARCH 2018

effective January 4, 2018