

YMCA MAIN GYM	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	8 - 10 AM	OPEN 9:30-10:30					
	10:00 AM		TOT TIME 10:30-11:30	HOMESCHOOL 10- 11	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 1-7 PM	OPEN GYM 1-5:30 PM	PICKLEBALL	OPEN GYM 1-6 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		YOUTH SPORTS	YOUTH SPORTS						
	5:00 PM		1/2 GYM 5:30-7 PM	KIDS LIFT 5:30-6:15	6-7 PM					
	6:00 PM		YOUTH SPORTS 6:30-7:30	YOUTH SPORTS 6:30-7:30						
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: 4/20, 5/25

\*\* SUNDAYS- MAIN GYM - 1/2 GYM ONLY DUE TO VOLLEYBALL GAMES: 4/22 THRU 5/27\*\*

‡ ARMORY GYM CLOSED Mondays 9:30 AM -10:30 AM for Family Bootcamp 6/4 thru 7/30 & M-F 12:15 PM - 1:15 PM FOR CHILDCARE ‡

ARMORY GYM	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 5-10 PM	MARTIAL ARTS	OPEN GYM 5-10 PM		
	6:00 PM			5 - 8 PM			
	7:00 PM			OPEN GYM			
	8:00 PM			8 - 10 PM			
	9:00 PM						

## GYM SCHEDULE EFFECTIVE APRIL THRU MAY 2018

effective April 2, 2018