

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				
	6:00 AM	OPEN GYM		OPEN GYM		OPEN GYM			OPEN GYM	
	7:00 AM	6 - 8 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 GYM	8 - 10 AM	OPEN GYM				OPEN GYM	
	10:00 AM		9:30 AM - 12 PM	10 AM- 12 PM	9:30 AM - 12 PM				11:00 AM	
	12:00 PM	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL	ADULT BASKETBALL			**OPEN GYM** 7 AM - 6 PM	
	1:00 PM	OPEN GYM 1-6:30 PM	OPEN GYM 1-6:30 PM	PICKLEBALL	OPEN GYM 1-5:30 PM	*OPEN GYM* 1 - 10 PM				OPEN GYM 12 - 6 PM
	2:00 PM			1:30 - 3:30 PM						
	3:00 PM			1-6:30 PM						
	4:00 PM	OPEN GYM	YOUTH SPORTS							
	5:00 PM	YOUTH SPORTS	YOUTH SPORTS	1/2 GYM 5:30-6:30 PM						
	6:00 PM	1/2 GYM 6:30-7:30 PM	1/2 GYM 6:30-7:30 PM	YOUTH SPORTS						
	7:00 PM	OPEN GYM 6:30 - 10 PM	OPEN GYM 6:30 - 10 PM	1/2 GYM 6:30-7:30 PM	OPEN GYM 5:30 - 10 PM					
8:00 PM	OPEN GYM									
9:00 PM	6:30 - 10 PM			6:30-10 PM						

* MAIN GYM CLOSED ONCE A MONTH 7-9 PM FOR SKATE NIGHT: 11/30, 12/14

** SATURDAYS- MAIN GYM - 1/2 GYM ONLY 9 -11 AM DUE TO BASKETBALL GAMES: 11/3 THRU 12/15**

‡ ARMORY GYM CLOSED M-F 12:15 PM - 1:15 PM FOR CHILDCARE ‡

ARMORY GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<p>‡ 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</p>						† 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	OPEN GYM 5-10 PM		
	6:00 PM			5 - 8 PM				
	7:00 PM			5-10 PM			5-10 PM	
	8:00 PM			OPEN GYM				
	9:00 PM			8 - 10 PM				

GYM SCHEDULE EFFECTIVE NOVEMBER THRU DECEMBER 15, 2018