GYMNASIUM SCHEDULE

FALL 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-9:30 AM	Open Gym 5:30-8:30 AM	Open Gym 5:30-9:30 AM	Open Gym 5:30-8:30 AM	Open Gym 5:30-9:30 AM	Pickleball 8:00-10:00 AM	Open Gym 10:00-2:00 PM
Cardio Circuit 9:30-10:45 AM	Pickleball GROUP A 8:30-10:45 AM	Cardio Circuit 9:30-10:45 AM	Pickleball GROUP A 8:30-10:45 AM	Cardio Circuit 9:30-10:45 AM	Open Gym 10:00-3:00 PM	
Pickleball GROUP A 10:45-12:15 PM	Pickleball GROUP B 10:45-12:30 PM	Pickleball GROUP B 10:45-12:30 PM	Pickleball GROUP B 10:45-12:30 PM	Pickleball GROUP A 10:45-12:30 PM		
Pickleball GROUP B 12:15-1:45 PM	Pickleball C/BEGINNER 12:30-1:45 PM	Pickleball C/BEGINNER 12:30-2:45 ½	Pickleball C/BEGINNER 12:30-1:45 PM	Open Gym 12:30- 1:00 PM		
Pickleball C/BEGINNER 1:45- 3:00 PM	Open Gym 1:45-3:00 PM	Lunchtime Hoops ½ 1:00-3:00 PM	Open Gym 1:45-3:00 PM	Lunchtime Hoops 1:00-3:00 PM		
Open Gym 3:00-5:00 PM	Open Gym 3:00-6:00 PM	Open Gym 3:00-6:00 PM	Open Gym 3:00-6:00 PM	Open Gym 3:00-5:00 PM		
Open Gym 5:00-8:00 PM	Open Gym 6:00-8:00 PM	Open Gym 6:00-8:00 PM	Pickleball 6:00-8:00 PM	Open Gym 5:00-8:00 PM		

the YMCA

*Programs take priority in the gym.
*Please check with the front desk for current programs.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY