



YMCA Gym Schedule Mon-Sun, March 19-March 25

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10									
5:30																		
6:00																		
6:30											West	East						
7:00																		
7:30																		
8:00																		
8:30								TRX Training 8-10										
9:00	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	9-3pm Gym Closed 3v3 basketball Tournament		West	East				
9:30																		
10:00																		
10:30																		
11:00																		
11:30		TRX Training 11-12																
12:00																		
12:30																		
1:00																		
1:30																		
2:00																		
2:30																		
3:00																		
3:30	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30									
4:00																		
4:30																		
5:00																		
5:30																		
6:00													West	East				
6:30														closes at 6:30pm				
7:00																		
7:30													West	East				
8:00																		
8:30																		
9:00	West	East	West	East	West	East	West	East										
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm											

Restricted Gym Availability = 
 Normal Open Gym Availability = 

YMCA Gym Schedule Mon-Sun, March 26-April 1



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp	West	East
7:00														
7:30		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		
8:00														
8:30								TRX Training 8-10						
9:00														
9:30	Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11				West	East
10:00			Day Camp				Day Camp							
10:30														
11:00		Day Camp		TRX Training 11-12		Day Camp		Day Camp		Day Camp		Day Camp		
11:30														
12:00		Day Camp					Day Camp					Day Camp		
12:30														
1:00				Kinder Gym 12-3										
1:30														
2:00														
2:30														
3:00		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		
3:30														
4:00														
4:30		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		
5:00														
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00													West	East
7:30														closes at 7:30pm
8:00										West	East			
8:30														closes at 8:30pm
9:00	West	East	West	East	West	East	West	East						
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

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Restricted Gym Availability =
 Normal Open Gym Availability =



YMCA Gym Schedule Mon-Sun, April 2-April 8

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30		Day Camp										West	East	
7:00														
7:30														
8:00								TRX Training 8-10			No Open Gym Zumba Event 8:30-10am			
8:30														
9:00	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11			West	East
9:30														
10:00														
10:30														
11:00		Day Camp	TRX Training 11-12	Kinder Gym 11-3	Kinder Gym 11-3	Kinder Gym 11-3	Kinder Gym 11-3	Kinder Gym 11-3	Kinder Gym 11-3	Kinder Gym 11-3				
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00	Day Camp	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
3:30														
4:00														
4:30														
5:00														
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00														
7:30												West	East	closes at 7:30pm
8:00														
8:30										West	East			closes at 8:30pm
9:00	West	East	West	East	West	East	West	East	West	East				
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 



YMCA Gym Schedule Mon-Sun, April 9-April 15

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30							Strong Kids kick off breakfast				West	East		
7:00														
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11					
9:30													West	East
10:00														
10:30														
11:00			TRX Training 11-12											
11:30														
12:00														
12:30			Kinder Gym 11-3											
1:00														
1:30														
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30				Child Care Gym Time 3-4:30				Child Care Gym Time 3-4:30					
3:30			Child Care Gym Time 3-4:30				Child Care Gym Time 3-4:30							
4:00														
4:30														
5:00														
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00														
7:30											West	East		closes at 7:30pm
8:00														
8:30										West	East			closes at 8:30pm
9:00	West	East	West	East	West	East	West	East						
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 


YMCA Gym Schedule Mon-Sun, April 16-April 29

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West	East		
7:00														
7:30														
8:00														
8:30														
9:00														
9:30	Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11			TRX Training 8-10	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11			
10:00														West
10:30														East
11:00														
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
4:00														
4:30														
5:00														
5:30														
6:00														
6:30														West
7:00														East
7:30														
8:00														
8:30														
9:00														
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 

YMCA Gym Schedule Mon-Sun, April 30-May 6

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West			East
7:00														
7:30														
8:00														
8:30								TRX Training 8-10						
9:00	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11				Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11				
9:30														
10:00													West	East
10:30														
11:00			TRX Training 11-12											
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
4:00														
4:30														
5:00											West		East	West
5:30											closes at 5pm			closes at 5pm
6:00														
6:30														
7:00														
7:30											West		East	
8:00			West	East	West	East	West	East	West	East				
8:30			closes at 8:30pm		closes at 8:30pm		closes at 8:30pm							
9:00	West	East												
9:30	closes at 9:30pm													

Restricted Gym Availability = 
 Normal Open Gym Availability = 