

GYM 1 SCHEDULE MARCH 23-APRIL 26th							
Day/Time	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	THE Y OPENS @ 7:00 AM	THE Y OPENS @ 1:00 PM
6:00 AM							
7:00 AM							
8:00 AM	PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL	OPEN GYM	
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL	PICK UP BASKETBALL	OPEN GYM	
1:00 PM							
2:00 PM							
3:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	THE Y CLOSSES AT 4:00 PM	OPEN GYM
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM	THE Y CLOSSES AT 9:00 PM				Y CLOSSES AT 7PM	THE Y CLOSSES AT 4:00 PM	The Y CLOSSES AT 5:00 PM
10:00 PM							

1) Open Gym: Open to members and non-members. Anyone under the age of 13 must be accompanied by an adult.
2) Member Service: Opens at 7:00 am Monday through Saturday, and 1:00 pm on Sunday. The front desk closes 1/2 hour before the facility closes.

3/23/2026

	GYM 2 SCHEDULE MARCH 23-APRIL 26							
Day/Time	MON	TUES	WED	THUR	FRI	SAT	SUN	
5:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	THE Y OPENS AT 7:00 AM	THE Y OPENS AT 1:00 PM	
6:00 AM								
7:00 AM								
8:00 AM								
9:00 AM	TUMBLE TIME	TUMBLE TIME	TUMBLE TIME	TUMBLE TIME	TUMBLE TIME	OPEN GYM		
10:00 AM								
10:30 AM								
11:00 AM								
12:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		Volleyball Clinic
1:00 PM								
2:00 PM								
3:00 PM	GYMNASTICS	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM
4:00 PM								
5:00 PM								
6:00 PM	TAE KWON DO	OPEN GYM	TAE KWON DO	OPEN GYM	OPEN GYM	THE Y CLOSES AT 4:00 PM	THE Y CLOSES AT 5:00 PM	
7:00 PM								
8:00 PM								
9:00 PM	Y CLOSES AT 9PM				Y CLOSES AT 7PM			

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