


JANUARY

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5 am								
6 am	Open Gym		Open Gym	Open Gym				
7 am		Open Gym				Open Gym		
8 am					Open Gym			
9 am	OPEN PICKLEBALL 8:30-10:30 am	TOT TIME 9:30-10:30 am Y Staff	OPEN PICKLEBALL 8:30-10:30 am	OPEN PICKLEBALL 8:30-10:30 am		YOUTH SPORTS 8 am-5 pm		
10 am								
11 am	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Maria			
12 pm								
1 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm				Open Gym
2 pm					Open Gym			
3 pm		Open Gym	Open Gym	Open Gym				
4 pm	Open Gym							
5 pm								
6 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 4-9 pm	YOUTH SPORTS 4-9 pm	YOUTH SPORTS 4-9 pm	YOUTH SPORTS 4-9 pm	 8th ANNUAL YMCA CHEER 2023		
7 pm								
8 pm								

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity. Please allow up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED

SUNDAY, JANUARY 8
(Gym Reserved All Day)