

GYM 1 & 2 SCHEDULE - Eastside Family YMCA

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY								
GYM	1	2	1	2	1	2	1	2	1	2	1	2	1	2							
5:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYMS OPEN @ 7:30AM		YMCA CLOSED ON SUNDAYS								
5:30 AM																					
6:00 AM																					
6:30 AM																					
7:00 AM																					
7:30 AM																					
8:00 AM																					
8:30 AM																					
9:00 AM						Chair Groove						Intro to Sports				Boot Camp Gold					
9:30 AM																					
10:00 AM						Boot Camp Gold															
10:30 AM																					
11:00 AM	Pickleball	SACC	Pickleball	SACC	Pickleball	SACC	Pickleball	SACC	Pickleball	SACC	OPEN GYM	OPEN GYM									
11:30 AM																					
12:00 PM																					
12:30 PM																					
1:00 PM	OPEN GYM																				
1:30 PM																					
2:00 PM																					
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4:00 PM																					
4:30 PM																					
5:00 PM																					
5:30 PM																					
6:00 PM																					
6:30 PM			FAMILY GYM		FAMILY GYM		FAMILY GYM		Intro to Sport		FAMILY GYM	GYMS CLOSE @ 5:00PM									
7:00 PM																					
7:30 PM																					
8:00 PM																					
8:30 PM																					

SACC = School Aged Child Care - UPDATED 9/2/25- Schedule Subject to Change

