

# Gymnasium – County YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	5AM-7:30AM FULL GYM OPEN	5AM-7:30AM FULL GYM OPEN	5AM-7:30AM FULL GYM OPEN	5AM-7:30AM FULL GYM OPEN	5AM-7:30AM FULL GYM OPEN	7AM-1PM FULL GYM OPEN		
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM	7:30AM-8:30AM WALKING CLUB	7:30AM-8:30AM WALKING CLUB	7:30AM-8:30AM WALKING CLUB	7:30AM-8:30AM WALKING CLUB	7:30AM-8:30AM WALKING CLUB			
8:00 AM								
8:30 AM	8:30AM-11AM ADULT PICKLEBALL		8:30AM-10:30AM ADULT PICKLEBALL		8:30AM-11AM ADULT PICKLEBALL			
8:45 AM								
9:00 AM		9AM-10AM SILVER SNEAKERS	9AM-10AM SILVER SNEAKERS					
9:30 AM								
10:00 AM		10AM-11AM A.O.A.F.	10AM-11AM A.O.A.F.					
10:30 AM								
10:45 AM		10:30AM-12PM PROGRAM						
11:00 AM	11AM-2PM ADULT BASKETBALL		11AM-2PM ADULT PICKLEBALL	11AM-2PM ADULT PICKLEBALL	11AM-2PM ADULT BASKETBALL			11AM-12PM FAMILY GYM TIME
11:30 AM								
12:00 PM								
12:15 PM								
12:30 PM								
1:00 PM								
1:30 PM					12PM-3PM FULL GYM OPEN			
2:00 PM	2PM-3PM	2PM-3PM	2PM-3PM	2PM-3PM				
2:30 PM	WALKING CLUB	WALKING CLUB	WALKING CLUB	WALKING CLUB				
3:00 PM	3PM-6PM FULL GYM OPEN	3PM-6:30PM FULL GYM OPEN	3PM-4PM FULL GYM OPEN	3PM-6:30PM FULL GYM OPEN				
3:30 PM								
4:00 PM			4PM-5:30PM PROGRAM					
4:30 PM								
4:45 PM								
5:00 PM								
5:30 PM	6PM-9PM ADULT PICKLEBALL	6:30PM-8:30PM PROGRAM	5:30PM-9PM ADULT PICKLEBALL	6:30PM-8:30PM PROGRAM		6PM-8PM OPEN VOLLEYBALL		
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

Effective January 2026 - Next Update: Febraury 2026 (Extending Saturday hours to 3pm)

FULL GYM OPEN (37.5 hrs)
BASKETBALL (8 hrs) PICKLEBALL (19.5 hrs) VOLLEYBALL (2 hrs) FAMILY GYM (1 hr)
PROGRAMS/CLASSES (21 hrs)

Indicates the gym is open to all activities and is to be shared with others. This time is NOT available to be consumed by one activity. At times, the gym curtain will be used to divide the space in half.

Indicates the gym is reserved specifically for this activity and is not open for other activities.

Indicates the gym is CLOSED for a specific program or class.