

Original Gymnasium - Glenwood Park YMCA

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	East	West	East	West	East	West	East	West	East	West	East	West	East	West
5:00 AM														
5:30 AM														
6:00 AM														
6:30 AM														
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6:00 PM														
6:15 PM														
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM	PLEASE NOTE!													
8:30 PM	DOORS LOCK 30 MINS PRIOR TO CLOSE;													
9:00 PM	EVERYONE MUST EXIT BUILDING BY CLOSE													
9:30 PM														
SCHEDULE AS OF 1/12/2026 - Schedule is subject to change.														

O P E N G Y M

GLENWOOD PARK

YMCA HOURS

M - TH, 5A - 9P

F, 5A - 8P

SA, 7A - 5P

SU, 8A - 2P