

Gymnasium - County YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	5AM-7:30AM OPEN GYM	5AM-7:30AM OPEN GYM	5AM-7:30AM OPEN GYM	5AM-7:30AM OPEN GYM	5AM-7:30AM OPEN GYM	7AM-9AM OPEN GYM		
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-11AM ADULT PICKLEBALL		8:30AM-11AM ADULT PICKLEBALL			9AM-11AM ADULT PICKLEBALL <i>Soccer starts March 21</i>
8:45 AM								
9:00 AM		9AM-10AM SILVER SNEAKERS						
9:30 AM		10AM-11AM A.O.A.F.				10AM-11AM A.O.A.F.		
10:00 AM								
10:30 AM								
10:45 AM								
11:00 AM	11AM-2PM ADULT BASKETBALL	11AM-2PM ADULT PICKLEBALL	11AM-2PM ADULT BASKETBALL	11AM-2PM ADULT PICKLEBALL	11AM-2PM ADULT BASKETBALL	11AM-3PM OPEN GYM <i>Birthday Parties may be booked during this time</i>	11AM-3PM OPEN GYM <i>Birthday Parties may be booked during this time</i>	
11:30 AM								
12:00 PM								
12:15 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	2PM-6PM OPEN GYM	2PM-9PM OPEN GYM	2PM-4PM OPEN GYM	2PM-5:30PM OPEN GYM	2PM-8PM OPEN GYM			
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	4PM-5:30PM PROGRAM							
4:45 PM								
5:00 PM								
5:30 PM	6PM-9PM ADULT PICKLEBALL		5:30PM-9PM ADULT PICKLEBALL	5:30PM-6:30PM ZUMBA		6:30PM-9PM OPEN GYM		
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 February 24, 2026 - Next Update: March 15, 2026

OPEN GYM (37.5 hrs)
<i>OPEN GYM</i> (8 hrs)
BASKETBALL (9 hrs) PICKLEBALL (22 hrs)
PROGRAMS/CLASSES (11.5 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. **The Gym curtain will be down during Open Gym.** Gym perimeter walking is welcomed alongside other gym activities!

Indicates same offerings as Open Gym but during this specific time the gym is open for rentals such as birthday parties. Signs will be posted when bookings are made to let members know one half of the gym will be closed. You are encouraged to call ahead.

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.