

# Gymnasium – County YMCA

|          | Monday                             | Tuesday                            | Wednesday                             | Thursday                            | Friday                                                   | Saturday                                                                                       |
|----------|------------------------------------|------------------------------------|---------------------------------------|-------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 5:00 AM  | 5AM-8AM<br>FULL GYM<br>OPEN        | 5AM-9AM<br>FULL GYM<br>OPEN        | 5AM-8AM<br>FULL GYM<br>OPEN           | 5AM-9AM<br>FULL GYM<br>OPEN         | 5AM-8AM<br>FULL GYM<br>OPEN                              |                                                                                                |
| 5:30 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 6:00 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 6:30 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 7:00 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 7:30 AM  | 8AM-10:45AM<br>ADULT<br>PICKLEBALL | 9AM-10AM<br>SENIOR FITNESS         | 8AM-10:45AM<br>ADULT<br>PICKLEBALL    | 9AM-10AM<br>SENIOR FITNESS          | 8AM-10:45AM<br>ADULT<br>PICKLEBALL                       | 7AM-9AM<br>ADULT<br>PICKLEBALL                                                                 |
| 8:00 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 8:30 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 8:45 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 9:00 AM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 9:30 AM  |                                    | 10AM-11AM<br>A.O.A.F.              |                                       | 10AM-11AM<br>A.O.A.F.               |                                                          | 9AM-11AM<br>OPEN GYM<br><i>Indoor Soccer<br/>Begins Oct. 24</i>                                |
| 10:00 AM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 10:30 AM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 10:45 AM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 11:00 AM | 11AM-11:30AM<br>CHILDCARE          | 11AM-11:30AM<br>CHILDCARE          | 11AM-11:30AM<br>CHILDCARE             | 11AM-11:30AM<br>CHILDCARE           | 11AM-11:30AM<br>CHILDCARE                                | 11AM-3PM<br>OPEN GYM<br><i>Birthday<br/>Parties may<br/>be booked<br/>during this<br/>time</i> |
| 11:30 AM | 11:30AM-2:15PM<br>FULL GYM<br>OPEN | 11:30AM-2PM<br>ADULT<br>PICKLEBALL | 11:30AM-2:15PM<br>ADULT<br>BASKETBALL | 11:30AM-2PM<br>ADULT<br>PICKLEBALL  | 11:30AM-2:15PM<br>ADULT<br>BASKETBALL                    |                                                                                                |
| 12:00 PM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 12:15 PM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 12:30 PM |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 1:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 1:30 PM  | 2:15PM-3PM<br>CHILDCARE            |                                    |                                       |                                     |                                                          |                                                                                                |
| 2:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 2:15 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 2:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 3:00 PM  | 3PM-6PM<br>FULL GYM<br>OPEN        | 3PM-5PM<br>FULL GYM<br>OPEN        | 3PM-6PM<br>FULL GYM<br>OPEN           | 3PM-5:15PM<br>FULL GYM<br>OPEN      | 3PM-6PM<br>FULL GYM<br>OPEN                              |                                                                                                |
| 3:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 4:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 4:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 4:45 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 5:00 PM  | 5PM-6:30PM<br>TUMBLING             |                                    |                                       | 5:15PM-6:30PM<br>INTRO TO<br>SPORTS | 6PM-8PM<br>Open<br>Volleyball<br>(NORTH<br>GYM/HALF GYM) |                                                                                                |
| 5:15 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 5:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 6:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 6:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 7:00 PM  | 6PM-9PM<br>ADULT<br>PICKLEBALL     | 6:30PM-9PM<br>FULL GYM<br>OPEN     | 6PM-9PM<br>ADULT<br>PICKLEBALL        | 6:30PM-9PM<br>FULL GYM<br>OPEN      |                                                          |                                                                                                |
| 7:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 8:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 8:30 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |
| 9:00 PM  |                                    |                                    |                                       |                                     |                                                          |                                                                                                |

**Effective October 5, 2026 – Next Update: November 1, 2026**

|                                 |                                                                                                    |
|---------------------------------|----------------------------------------------------------------------------------------------------|
| OPEN GYM                        | Indicates the gym is reserved specifically for this activity and is not open for other activities. |
| <i>OPEN GYM</i>                 |                                                                                                    |
| BASKETBALL   PICKLEBALL         |                                                                                                    |
| PROGRAMS   CLASSES<br>CHILDCARE |                                                                                                    |

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.

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 CLOSED for a specific program or class.

**NOTE: Our Gymnasium is a state licensed space for Childcare. When we have inclement weather, Childcare will have priority over gym space and time. Thank you for understanding!**