



# GYM SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Open Gym	5:30-8:45am Open Gym	5:30-7:45am Open Gym	5:30-8:45am Open Gym	5:30-7:45am Open Gym	5:30-9:00am Open Gym	6:00-8:30am Open Gym
8:15-11:30am Full Gym Pickle Ball	9:00-9:45am Full Gym AOA Fitness	8:00-9:00am Full Gym Arthritis Program	9:00-9:45am Full Gym AOA Fitness	8:00-9:00am Full Gym Arthritis Program	9:00-11:00am Full Gym Childcare	8:30-9:30am Full Gym Youth Basketball Ages 8-12
11:30-3:30pm Full Gym *Adult Basketball Open Gym 21+	9:45-10:30am Full Gym Child Care	9:15-10:15am Full Gym Arthritis Program	10:15-11:15 Enhanced Fitness	9:15-10:15am Full Gym Arthritis Program	11:00-11:45am Preschool Sports Sampler	9:30-10:30am Full Gym Pee Wee Basketball Ages 5-7
3:30-7:00pm Open Gym/Rentals	10:30-2:30pm Full Gym *Pickle Ball	10:30-11:30am Full Gym Tai Chi	11:15-12:00pm Full Gym Childcare	10:30-11:30am Full Gym Tai Chi	12:00-3:00pm Full Gym Open Gym	10:30-11:30am Full Gym Pee Wee Soccer Ages 5-7
	3:00-5:00pm Full Gym Teen Open Gym	11:30-12:00pm Full Gym Childcare	12:00-3:00pm Full Gym Open Gym	11:45-2:30pm Full Gym *Pickle Ball	3:30-4:15pm Full Gym Pre-School Tee-Ball	11:30-12:30pm Full Gym Youth Soccer Ages 8-12
	5:00-6:00pm Full Gym Pee Wee Soccer Ages 5-7	12:00-3:00pm Full Gym Open Gym	3:00-5:45pm Full Gym Teen Open Gym	3:00-4:15 pm Half Families Half Teens Open Gym	4:30-5:00pm Half Gym Pre-School Phys. Ed.	1:00-2:00pm Full Gym Gymnastics (3-8yrs old) Gym A & B
	6:00-8:00pm YBA Basketball Team Practice	3:00-5:15pm Half Gym Teens Open Gym	5:45-6:30pm Tae Kwon Do Beginners	4:15-5:15pm Teens Full Gym	5:00-5:45pm Full Gym Rookie Sports	2:00-3:00pm Half Gym Gymnastics Intermediate
	8:00-9:45pm Full Gym *Adult Soccer	3:45pm-4:45pm Half Gym Pre-School Phys. Ed.	6:30-7:15pm Tae Kwon Do	5:15-6:15pm Full Gym Pee Wee Basketball Ages 5-7	6:00-7:30pm YBA Basketball Team Practice	3:00-4:00pm Full Gym Pee Wee Basketball Ages 5-7
		5:15-6:15pm Full Gym GO! Kids Ages 8-12 Open Gym Time	7:15-9:45pm Full Gym *Pickle Ball	6:15-7:15pm Full Gym Intermediate Basketball Ages 8-12	7:30-9:45pm Full Gym Teen Basketball Open Gym Time	4:00-5:00pm Full Gym Family Open Gym/ Rentals
		6:30-7:15pm Full Gym Tae Kwon Do		7:15-8:15 Teen Skills and Drills Basketball Class Ages 12-15		5:00-8:00pm Full Gym Teen Basketball Open Gym Time
		7:30-9:45pm Full Gym *Adult Basketball Open Gym		8:15-9:45pm Full Gym *Adult Soccer		

\*Adult Sports are open to members 18+ except 21+ Sundays Guest Fees Apply.

**Schedule is subject to change.**