



GYM SCHEDULE

July 17 – Aug 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:00am-6:45am	Body Strength 5:00-6:15am	Open 5:00-6:45am	Open 5:00-6:45am	Open 5:00-9:30am		
	Open 6:30-8:00am					
Barbell Strength 7:00-7:55am		Body Strength 7:00-7:55am	Silver Fit 7:00-7:45am		Open 7:00am-3:00pm	
Open 8:00-9:30am	Advanced Pickleball 8:15-10:15am	Open 8:00-9:30am	Advanced Pickleball 8:15-10:15am			
Toddler Time 9:30-10:30am		Toddler Time 9:30-10:30am		Open Pickleball 9:30-11:30am		
Open 10:30-11:00am	Silver Fit 10:30-11:15am	Open 10:30-11:00am	Silver Fit 10:30-11:15am	Open 11:30am-7:30pm		Open 10:00am-3:00pm
Open Pickleball 11:00am-1:00pm	Open 11:30am-5:00pm	Open Pickleball 11:00am-1:00pm	Open 11:30am-5:00pm			
Open 1:00-4:00pm		Open 1:00-5:00pm				
Zumba 4:15-5:00pm						
Open 5:15-7:00pm	Body Strength 5:15-6:00pm	Strong by Zumba 5:15-6:15pm	Kids4Fitness 5:15-6:00pm	Open 7:30-10:00pm		
	Zumba 6:15-7:00pm	Open 6:15-7:30pm	Dance4Fitness 6:15-7:15pm			
Open Pickleball 7:00-9:00pm	Open 7:15-10:00pm	Pick Up Basketball 7:30-10:00pm	Open 7:30-10:00pm			
Open 9:00-10:00pm						

Schedule subject to change based on enrollment, usage and special events.

Any schedule changes will be noted at our Member Services Desk.

See back of schedule for additional information.

GYM SCHEDULE INFORMATION

GYM CLOSING INFORMATION

Below are additional dates that the gym will be closed for special events. Other gym closings may occur depending on the needs of our facility and those will be posted at the Member Services Desk.

OPEN TIME

Open Gym Time is open and available for a variety of self led actives. All ages welcome. Youth 9 years and older may be in the gym unaccompanied. Youth under 9 years old must be accompanied by an adult.

Open gym time is free for Y Members.
Non-members may purchase a day pass.

TODDLER TIME

Toddler Time is non-staffed gym time the Y reserves for children ages birth to 5. A variety of age appropriate equipment is available to play with, including: scooters, balls, climbing wall, and more. This gym time is reserved specifically for ages birth to 5 years old and must be accompanied by a parent or guardian.

Toddler time is free for Y members.
Special non-member rate is \$3/family*

PICK UP BASKETBALL TIME

Pick Up Basketball Time is a designated time reserved for members and non-members to play basketball. No staff, refs, or officiating will be provided. Adults & Teens may participate in pickup basketball time.

Pickup basketball time is free for Y Members.
Special non-member rate is \$3/person*

OPEN PICKLEBALL TIME

Open Pickleball Time is a designated time reserved for members and non-members to play pickleball. No staff, refs, or officiating will be provided. All ages Welcome Youth under 9 years old must be accompanied by an adult.

Open Pickleball time is free for Y Members.
Special non-member rate is \$3/person*

DAY PASS RATES

Family \$18
15 years and up \$8
3-14 years \$5
Under 3 is free

Day passes are valid for the day of purchase and allow access to the gym, pool, Wellness Center, and a select number of Group Fitness Classes. **Age restrictions apply.**

Information regarding the Group Fitness Classes can be found on the Group Ex Class Schedule. Schedules can be found at the Member Services Desk.

***Special non-member rates only apply to the times that are designated on the schedule.**