



GYM SCHEDULE

January 15 – February 25, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Strength 5:00-6:00am	Open 5:00-8:00am	Open 5:00-7:00am	Open 5:00-7:00am	Open 5:00-9:30am		
Open 6:15-7:00am						
Barbell Strength 7:00-8:00am			Body Strength 7:00-8:00am	Silver Fit 7:00-7:45am		Open 7:00-8:00am
Open 8:15-9:30am	Advanced Pickleball 8:00-10:15am	Open 8:15-9:30am	Advanced Pickleball 8:00-10:15am	Open Pickleball 9:30-11:30am	Body Strength 8:00-8:45am	
Toddler Time 9:30-10:30am		Toddler Time 9:30-10:30am				
Open 10:30-11:00am	Silver Fit 10:30-11:15am	Open 10:30-11:00am	Silver Fit 10:30-11:15am			
Open Pickleball 11:00am-1:00pm	Open 11:30am-6:00pm	Open Pickleball 11:00am-1:00pm	Open 11:30am-4:00pm			
Open 1:00-4:00pm		Open 1:00-7:30pm				
Zumba 4:15-5:00pm		Happy Hoops* 5:00-6:00pm *January 17, 24 and 31 only	Zumba 4:15-5:00pm			
Open 5:15-7:00pm	PiYo 5:15-6:00pm		Open 5:15-10:00pm			
	Zumba 6:15-7:00pm					
Open Pickleball 7:00-9:00pm	Open 7:15-10:00pm	Pick Up Basketball 7:30-10:00pm		Pick Up Basketball 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

Our gym may be closed periodically for special events and programs. These closings will occur depending on the needs of our facility and will be posted at the Member Services Desk.

OPEN TIME

Open Gym Time is available for a variety of self-led activities. 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 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

Pick Up Basketball 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 is free for Y Members.

Special non-member rate is \$3/person*

OPEN/ADVANCED PICKLEBALL

Open Pickleball 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 is free for Y Members.

Special non-member rate is \$3/person*

DAY PASS RATES

Family \$18

15 years & 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.

Group Fitness Class and Pool schedules can be found at the Member Services Desk and online at mesabiymca.org.

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