

LARGE GYM SCHEDULE | SUMMER 1: JUNE 1– JULY 20

SUNDAY

Open Gym

10:00am–11:45am

Open Court Pickleball Intermediate–Advanced

12:00pm–2:00pm

Beginner Pickleball Lessons

2:00pm–3:30pm

Kelly

Registration Required

Open Gym

3:45pm–5:45pm

MONDAY

Open Gym

6:00am–6:45am

Interval Training

7:00am–7:45am

In-person at the Y

Bruce

Open Court Pickleball

8:30am–10:30am

Open Gym

10:45am–7:45pm

TUESDAY

Open Gym

6:45am–6:45pm

Intermediate Pickleball Lessons

7:00pm–8:30pm

Kelly

Registration Required

WEDNESDAY

Open Gym

6:00am–6:45am

Boot Camp

7:00am–7:45am

In-person at the Y

Bruce

Open Gym

8:00am–7:45pm

THURSDAY

Open Gym

6:00am–6:45am

Interval Training

7:00am–7:45am

In-person at the Y

Bruce

Open Gym

8:00am–7:45pm

FRIDAY

Open Gym

6:00am–7:45am

Beginner Pickleball Lessons

8:00am–9:30am

Kelly

Registration Required

Senior Strength

10:00am–11:00am

In-person at the Y

Bruce

Balance & Flexibility

11:00am–12:00pm

In-person at the Y

Bruce

Open Gym

12:15pm–7:45pm

SATURDAY

Open Gym

8:15am–10:00am

1st and 3rd Saturday

Bootcamp

8:15am–9:00am

In-person at the Y

Bruce

2nd and 4th Saturday

Bootcamp Light

9:15am–10:00am

In-person at the Y

Bruce

2nd and 4th Saturday

Open Gym

10:15am–11:45am

Open Court Pickleball Intermediate–Advanced

12:00pm–2:00pm

Open Gym

2:15pm–5:45pm

RESERVATIONS
REQUIRED AND CAN
BE MADE IN YOUR
YMCA360 ACCOUNT.
3 consecutive no-
shows result in member
reservation privileges
being suspended.

