

## Large Gym Schedule | Summer 2: July 21 – August 16

### Sunday

#### Open Gym

10:00 AM – 11:45 AM

#### Open Court Pickleball Intermediate– Advanced

Reservation Required

12:00 PM – 2:00 PM

#### Beginner Pickleball Lessons

Registration Required

2:00 PM – 3:30 PM

#### Open Gym

3:45 PM – 5:45 PM

### Monday

#### Open Gym

6:00 AM – 6:45 AM

#### Interval Training

Reservation Required

7:00 AM – 7:45 AM

#### Open Court Pickleball

Reservation Required

8:30 AM – 10:30 AM

#### Open Gym

10:45 AM – 7:45 PM

### Tuesday

#### Open Gym

6:00 AM – 8:45 AM

#### Rise & Shine Yoga

Reservation Required

9:00 AM – 10:00 AM

#### Gentle Movements Yoga

Reservation Required

10:15 AM – 11:15 AM

#### Open Gym

11:30 AM – 6:45 PM

#### Intermediate Pickleball Lessons

Registration Required

7:00 PM – 8:30 PM

### Wednesday

#### Open Gym

6:00 AM – 6:45 AM

#### Boot Camp

Reservation Required

7:00 AM – 7:45 AM

#### Open Gym

8:00 AM – 7:45 PM

**Make reservations  
on the YMCA 360  
app!**

3 consecutive no-shows will  
result in suspension of  
reservation privileges

### Thursday

#### Open Gym

6:00 AM – 6:45 AM

#### Interval Training

Reservation Required

7:00 AM – 7:45 AM

#### Open Gym

8:00 AM – 7:45 PM

### Friday

#### Open Gym

6:00 AM – 7:45 AM

#### Beginner Pickleball Lessons

Registration Required

8:00 AM – 9:30 AM

#### Senior Strength

Reservation Required

10:00 AM – 11:00 AM

#### Balance & Flexibility

Reservation Required

11:00 AM – 12:00 PM

#### Open Gym

12:15 PM – 7:45 PM

### Saturday

#### Boot Camp

(Select Saturdays)

Reservation Required

OR Open Gym

8:15 AM – 9:00 AM

#### Boot Camp Light

(Select Saturdays)

Reservation Required

OR Open Gym

9:15 AM – 10:00 AM

#### Open Gym

10:15 AM – 11:45 AM

#### Open Court Pickleball

Reservation Required

12:00 PM – 2:00 PM

#### Open Gym

2:15 PM – 5:45 PM



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