

July 2025 - Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6	Open Gym 600-845	Open Gym 600-800	Open Gym 600-845	Open Gym 600-845	Open Gym 600-845				
630									
7									
730									
8									
830						Silver Sneakers 8-845			
9	Silver Sneakers 845-10	Silver Sneakers 845-10	Silver Sneakers 845-10	Silver Sneakers 845-10	Silver Sneakers 845-10				
930									
10	2's 10-11	Pickleball 10-1	Open Gym 10-430	2's 10-11	Open Gym 10-430	Pickleball 10-1			
1030									
11	Open Gym 11--430			Open Gym 1-430			Open Gym 1-430	Open Gym 10-430	Open Gym 1-3
1130									
12									
1230									
1									
130									
2									
230									
3									
330									
4									
430	Summer Camp 430-530	Summer Camp 430-530	Summer Camp 430-530	Summer Camp 430-530	Summer Camp 430-530				
5									
530	Open Gym 530-745 **Closed July 21st 530-630	Gymnastics Program 530-630	Open Gym 530-745 **Closed July 9th and 23rd 530-630	Open Gym 530-745	Open Gym 530-645				
6		Open Gym 630-745			CLOSED				
630									
7									
730									
8									

****On days with inclement weather, please call the YMCA or check Facebook for open gym time availability**