



Gym Schedule

September 2019

Updated: 7.25.19

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
North	South	North	South	North	South	North	South	North	South	North	South	North	South		
5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	8:00 - 9:30a Sports Conditioning					
7 - 9:45a Fit + Fun	7 - 9:45a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun						
9:45a - 11a HIIT	9:45 - 11a HIIT	9a - 6p Open Gym	9a - 4p Open Gym	9 - 10a Open Gym	9 - 10a Open Gym	9a - 5p Open Gym	9a - 4p Open Gym	9 - 10a Open Gym	9 - 10a Open Gym	9:30a - 6p Open Gym	9:30a - 6p Open Gym	11a - 2p Pickle Ball			
11a - 6p Open Gym	11a - 7p Open Gym			10 - 11a Sports Conditioning	10 - 11a Sports Conditioning			10 - 11a Sports Conditioning	10 - 11a Sports Conditioning					11a - 7p Open Gym	11a - 7p Open Gym
6 - 7p Skills Academy - Basketball	6 - 7p Skills Academy - Basketball			11a - 5p Open Gym	11a - 7p Open Gym			11a - 7p Open Gym	11a - 7p Open Gym					11a - 7p Open Gym	11a - 7p Open Gym
		4 - 6p Pickle Ball	4 - 6p Pickle Ball	5 - 7p Skills Academy - Basketball	5 - 7p Skills Academy - Basketball	5 - 7p Skills Academy - Basketball	5 - 7p Skills Academy - Basketball	6 - 7p Open Gym	6 - 7p Open Gym						
7:05 - 8p Zumba®	7:05 - 8p Zumba®	7 - 9p Basketball - Adult	7 - 9p Basketball - Adult	7:05 - 8p Zumba®	7:05 - 8p Zumba®	7 - 9p Basketball - Adult	7 - 9p Basketball - Adult	7:05 - 8p Zumba®	7:05 - 8p Zumba®						
8:05 - 9p Open Gym	8:05 - 9p Open Gym			8:05 - 9p Open Gym	8:05 - 9p Open Gym			8:05 - 9p Open Gym	8:05 - 9p Open Gym					8:05 - 9p Open Gym	8:05 - 9p Open Gym
												2 - 6p Open Gym			
												2 - 3p Open Gym			
												3 - 6p Open Gym - Family			

PROGRAMS

SPORTS CONDITIONING

An intense workout involving interval training, strength, balance, agility, and cardiovascular fitness. Various equipment will be used and the format will change often but the fun will stay the same!

PICKLEBALL

Practice your pickleball skills and enjoy some friendly competition.

BASKETBALL - ADULT

Enjoy friendly competition and practice your basketball skills with other players.

GYM ON! + JUMP AROUND PARTIES

Available for kids ages 6 - 17 and up to 14 friends can enjoy half of the gym for activities. Parties are available on Saturday and Sunday and are 2 hours long. Contact Member Services for more info.

NO SCHOOL DAYS

Our school age and drop in child care programs follow the Auburn School District calendar and on non-school days, these programs may use the gym.

(Schedule is subject to change without notice. Please check with Member Services for details.)

GYM RULES

Unsportsman-like behavior (fighting, arguing, swearing, etc.) will not be tolerated. If you fail to comply, you will be asked to leave the building.

Only non-marking athletic shoes allowed on the gym floor.

No hanging on the rims.

No gum, food or beverages (except water) allowed in gym.

No personal stereos allowed in gym.

Please remember our YMCA core values of
RESPECT, RESPONSIBILITY, HONESTY, AND CARING!