

GYM 1

Updated 8/14/21

August 23-October 15, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank you for your patience as we navigate ALL members needs during these challenging times.</p> <p>We continue to review our space usage and schedule each session.</p>	<p>Open at 5:00am</p> <p>6:00-6:45 am Tabata</p> <p>8:00-9:00 am Active Together</p> <p>9:15-10:15 am Core, Stretch & Balance</p> <p>1:30-4:00 pm Pickleball Beginner/Intermediate</p> <p>4:30-5:15 pm Zumba</p> <p>5:30-7:00 pm Tae Kwon Do</p> <p>7:00-9:00 pm Closed</p> <p>Close at 9:00pm</p>	<p>Open at 5:00 am</p> <p>5:10-6:10 am Strength Train Together</p> <p>8:15-9:15 am Strength Train Together</p> <p>12:00-1:00 pm Balance & Flex Together</p> <p>1:30-4:00 pm Pickleball Beginner/Intermediate</p> <p>4:40-5:40 pm Strength Train Together</p> <p>5:40-9:00 pm Closed</p> <p>Close at 9:00pm</p>	<p>Open at 5:00am</p> <p>8:00-9:00 am Active Together</p> <p>9:15-10:15 am Core, Stretch & Balance</p> <p>12:10-12:55pm Tabata</p> <p>1:30-4:00 pm Pickleball Beginner/Intermediate</p> <p>4:30-5:15 pm Zumba</p> <p>5:30-7:00 pm Tae Kwon Do</p> <p>7:00-9:00 pm Closed</p> <p>Close at 9:00pm</p>	<p>Open at 5:00am</p> <p>5:10-6:10 am Strength Train Together</p> <p>8:15-9:15 am Strength Train Together</p> <p>12:00-1:00 pm Balance & Flex Together</p> <p>1:30-4:00 pm Pickleball Beginner/Intermediate</p> <p>4:40-5:40 pm Strength Train Together</p> <p>5:40-9:00 pm Closed</p> <p>Close at 9:00pm</p>	<p>Open at 5:00am</p> <p>8:00-9:00 am Active Together</p> <p>9:15-10:15 am Core, Stretch & Balance</p> <p>1:30-4:00 pm Pickleball Beginner/Intermediate</p> <p>5:30-7:00 pm Tae Kwon Do</p> <p>7:00-9:00 pm Closed</p> <p>Close at 9:00pm</p>	<p>Open at 7:00am</p> <p>7:00am-11:30am Pickleball All levels</p> <p>12:15-6:00pm Pickleball All levels</p> <p>Close at 6:00pm</p>

GYM 2

Updated 8/14/21

August 23-October 15, 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Y opens at 1:00 pm

1:00 - 5:00 pm
Open Gym

The Y closes at 5:00 pm

Special Events

Thank you for your patience as we navigate ALL members needs during these challenging times.

We continue to review our space usage and schedule each session.

The Y opens at 5:00 am

5:00-6:30 am
Open Gym

6:30-10:30 am
Pickleball
Int/Adv

10:30-11:30am
Childcare

11:30-3:00 pm
Open Gym

3:00-4:00 pm
Afterschool

4:00-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 5:00 am

5:00-6:30 am
Open Gym

6:30-10:30 am
Pickleball
Int/Adv

10:30-11:30 am
Childcare

11:30-3:00 pm
Open Gym

3:00-4:00 pm
Afterschool

4:00-6:30 pm
Open Gym

6:30-8:30 pm
Pick-Up Soccer

Close at 9:00pm

The Y opens at 5:00 am

5:00-7:30 am
Open Gym

7:30-9:30 am
Horse Basketball

9:30-10:30 am
Open Gym

10:30-11:30 am
Childcare

11:30-12:00 pm
Open Gym

12:00-1:30 pm
Noon Soccer

1:30-3:00 pm
Open Gym

3:00-4:00 pm
Afterschool

4:00-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 5:00 am

5:00-6:30 am
Open Gym

6:30-10:30 am
Pickleball
Int/Adv

10:30-11:30 am
Childcare

11:30-1:30 pm
Open Gym

1:30-2:30 pm
Martin Luther School

3:00-4:00 pm
Afterschool

4:00-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 5:00 am

5:00-6:30 am
Open Gym

6:30-9:45 am
Pickleball
Int/Adv

9:45-10:30 am
Big Horn Fun
Friday

10:30-11:00 am
Childcare

11:00-12:00 pm
Open Gym

12:00-1:30 pm
Noon Soccer

1:30-3:00 pm
Open Gym

3:00-4:00 pm
Afterschool

4:00-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 7:00 am

7:00-8:00 am
Open Gym

8:00-10:00 am
Pick-Up Soccer

10 am-6 pm
Open Gym

The Y closes at 6:00 pm

We strive to have one gym open at all times to meet all member needs. Please be respectful of usage throughout the day by different programs and groups. Thank You!

GYM 3

Updated 8/14/21

August 23-October 15, 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Y opens at 1:00 pm

1:00 - 5:00 pm
Open Gym

The Y closes at 5:00 pm

Special Events

The Y opens at 5:00 am

5:00-7:45 am
Open Gym

7:45-8:45 am
AOA Cardio/
Strength

8:45-10:15 am
Enhanced Fitness

10:15-11:15 am
AOA Cardio/
Strength

11:15-11:30 am
Open Gym

11:30-1:30 pm
Noon Ball

5:00-6:30 pm
Youth Volleyball

6:30-9:00pm
Youth Volleyball

Close at 9:00pm

The Y opens at 5:00 am

5:00-10:00 am
Open Gym

10:00-Noon
Childcare

12:00-3:45 pm
Open Gym

Close at 9:00pm

The Y opens at 5:00 am

5:00-7:45 am
Open Gym

7:45-8:45 am
AOA Cardio/
Strength

8:45-10:15 am
Enhanced Fitness

10:15-11:15 am
AOA Cardio/
Strength

11:15-11:30 am
Open Gym

11:30-1:30 pm
Noon Ball

1:30-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 5:00 am

5:00-10:00 am
Open Gym

10:00-Noon
Childcare

12:00-5:00 pm
Open Gym

5:00-6:30 pm
Youth Volleyball

6:30-9:00pm
Youth Volleyball

Close at 9:00pm

The Y opens at 5:00 am

5:00-7:45 am
Open Gym

7:45-8:45 am
AOA Cardio/
Strength

8:45-10:15 am
Enhanced Fitness

10:15-11:15 am
AOA Cardio/
Strength

11:15-11:30 am
Open Gym

11:30-1:30 pm
Noon Ball

1:30-9:00 pm
Open Gym

Close at 9:00pm

The Y opens at 7:00 am

7:00-8:00 am
Open Gym

8:00-10:00 am
Group Rental

10 am-6:00pm
Open Gym

The Y closes at 6:00 pm

We strive to have one gym open at all times to meet all member needs. Please be respectful of usage throughout the day by different programs and groups. Thank You!

Playland

August 23-December 31, 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1:00 - 4:00 pm
Family Play
Not YMCA
staffed

8:30-9:30am
Child Care

8:30-9:30am
Child Care

8:30-9:30am
Child Care

8:30-9:30am
Child Care

8:30-9:30am
Child Care

8:00-5:00 pm
Family Play
Not YMCA
staffed

9:30-10:45
Family Play
Not YMCA
staffed

9:30-10:45
Family Play
Not YMCA
staffed

10:45-11:30am
Child Care

10:45-11:30am
Child Care

10:45-11:30am
Child Care

10:45-11:30am
Child Care

10:45-11:30am
Child Care

11:30-2:00
Family Play
Not YMCA
staffed

11:30-2:00
Family Play
Not YMCA
staffed

11:30-2:00
Family Play
Not YMCA
staffed

11:30-2:00
Family Play
Not YMCA
staffed

11:30-2:00
Family Play
Not YMCA
staffed

2:00-4:15pm
Child Care
Afterschool

2:00-4:15pm
Child Care
Afterschool

2:00-4:15pm
Child Care
Afterschool

2:00-4:15pm
Child Care
Afterschool

2:00-4:15pm
Child Care
Afterschool

4:15-8:00pm
Family Play
Not YMCA
staffed

4:15-8:00pm
Family Play
Not YMCA
staffed

4:15-8:00pm
Family Play
Not YMCA
staffed

4:15-8:00pm
Family Play
Not YMCA
staffed

4:30-5:00pm
BH Fun Friday

5:00-8:00pm
Family Play
Not YMCA
staffed

- To enjoy Playland during Family Play time please check out a key at the Front Desk.
- Family Play time requires an individual (age 15 or older) to actively supervise at all times. You are not allowed to leave children unattended at any time.