



GYM SCHEDULE MAY 2021 WITHAM FAMILY YMCA

Please refer to the website and schedules posted outside of the gym for the most up to date information.

MON	TUE	WED	THURS	FRI	SAT	SUN
PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm	PLAY & LEARN 9am-12pm	PLAY & LEARN: CLOSED
5-9am Open Gym Court 1 & 2 9am-12pm Open Gym Court 2	5:30-6:15am Total Body Training Full Court 6:15-10am Open Gym Court 1 & 2	5-9am Open Gym Court 1 & 2 9am-12pm Open Gym Court 2	5:30-6:15am Total Body Training Full Court 6:15-10am Open Gym Court 1 & 2	5-9:30am Open Gym Court 1 & 2	7am-7pm Open Gym Court 1 & 2 *Gym may be used 10am-12pm for Youth Soccer *May 22nd Gym could be closed 7AM-1:00PM for Cycle A Thon inclement Weather	
9-9:45am SilverSneakers Court 1		9-9:45am AOA Court 1	9:30-10:30am Strength & Endurance Full Court	11-11:45am Cleaning Court 1 & 2		
10am-12pm Preschool Gym Court 1	10am-12pm Preschool Gym Court 1	10am-12pm Preschool Gym Court 1	10am-12pm Preschool Gym Court 1	11:45-4pm Open Gym Court 1 & 2		
12-8 pm Open Gym Court 1 & 2	12-4:30pm Open Gym Court 1 & 2 4:30-6:30pm Basketball Full Court 6:45-7:45pm Zumba® Court 1 6:45-8pm Open Gym Court 2	12-8pm Open Gym Court 1 & 2	12-8pm Open Gym Court 1 & 2	10:30-5pm Open Gym Court 1 & 2 5-8pm Basketball Full Court		4-6pm Basketball Full Court

GYM COLOR CODE

OPEN GYM	YMCA PROGRAM \$
ADULT OPEN SPORTS	GROUP EXERCISE CLASS
CLEANING	
Court 1: Front Court Court 2: Back Court	

Important Info:

Group Exercise Classes: Ages 11+ yrs. welcome to participate.

YMCA Programs \$: Gym closed to non-program participants.

Basketball Full Court: Gym is reserved for full court basketball games.

Open Gym: Open gym is available for indoor-approved games. Pickleball set up allowed on half court only. No full court basketball games. Full court basketball may only be played during reserved times.

Please note that this schedule is subject to change