



# Gym Schedule - DECEMBER

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Court #1 (North)	Court #2 (South)
<b>Monday</b>		
	Step it Up 8:15-9am	
	Tone 9-10am	
	Tai Chi 12-12:30pm	RSB 1-2:30pm
		Pickleball 2:30-4:30pm
	Speed & Agility 5-5:45pm	
<b>Tuesday</b>		
		Pickleball (Advanced) 7-9am
		Pickleball (Intermediate) 9-11am
		Pickleball (Beginner) 11-1pm
		Futsal League 5:30-6:30pm
<b>Wednesday</b>		
	Step it Up 8:15-9am	
	Tone 9-10am	Homeschool 9-11am
		RSB 1-2:30pm
		Pickleball 2:30-4:30pm
	Adult Pick-Up Basketball 5-8pm	
<b>Thursday</b>		
		Pickleball (Advanced) 7-9am
	Tot Time 9:30-10:30am	Pickleball (Intermediate) 9-11am
		Pickleball (Beginner) 11-1pm
		Pickleball 6:00-8:30pm
<b>Friday</b>		
	Step it Up 8:15-9am	
	Tone 9-10am	Pickleball 10-12pm
		RSB 1-2:30pm
		Futsal Open Play 5-6:30pm
<b>Saturday</b>		
		Pickleball 8-11am
<b>Sunday</b>		
		Pickleball 12-3pm

\*YMCA staff reserves the right to modify the gym schedule as needed to accommodate programs, events, or unforeseen circumstances. Thank you for your understanding and flexibility