



# March 2026 - Gym Schedule

YMCA OF STEUBEN COUNTY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise	Adult Program	North Gym				
Youth Sports	Youth Program					
RSB		South Gym				
Pickleball						
1	2	3	4	5	6	7
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am Speed & Agility - 5-5:45 pm		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am Homeschool 9-11 am Easterseals Rise 10:30-11:30am Speed & Agility - 5-5:45 pm	Tot Time 10 am - 11 am Youth Basketball 5:30-6:15 pm	Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	Youth Basketball
Pickleball - 12 - 3 pm	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am Pickleball (Begin) 11a-1pm Youth Basketball 5:30-7:15 pm	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm Adult Pick Up Basketball 5-8pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am Pickleball (Begin) 11a-1pm Pickleball (All) 6:30 - 9 pm Youth Basketball 5:30-6:15 pm	Pickleball 10am-12pm RSB - 1 - 2:30 pm Futsal Pick Up 5-6:30 pm	Youth Basketball Pickleball - 2 - 5 pm
8	9	10	11	12	13	14
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am Tai Chi - 12 - 12:30 pm Speed & Agility - 5-5:45 pm		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am Homeschool 9-11 am Easterseals Rise 10:30-11:30am Speed & Agility - 5-5:45 pm	Tot Time 10 am - 11 am	Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
	GYM CURTAIN REPLACEMENT - LIMITED ACCESSIBILITY					
Pickleball - 12 - 3 pm	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am Pickleball (Begin) 11a-1pm	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm Adult Pick Up Basketball 5-8pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am Pickleball (Begin) 11a-1pm Pickleball (All) 6 - 8:30 pm	Pickleball 10am-12pm RSB - 1 - 2:30 pm Futsal Pick Up 5-6:30 pm	Pickleball - 8 - 11 am
	GYM CURTAIN REPLACEMENT - LIMITED ACCESSIBILITY					
15	16	17	18	19	20	21
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am Speed & Agility - 5-5:45 pm		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am Homeschool 9-11 am Easterseals Rise 10:30-11:30am Speed & Agility - 5-5:45 pm	Tot Time 10 am - 11 am	Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
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22	23	24	25	26	27	28
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am Tai Chi - 12 - 12:30 pm Speed & Agility - 5-5:45 pm		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am Homeschool 9-11 am Easterseals Rise 10:30-11:30am Speed & Agility - 5-5:45 pm	Tot Time 10 am - 11 am	Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
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29	30	31				
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am					

	Tai Chi - 12 - 12:30 pm	
	Speed & Agility - 5-5:45 pm	
Pickleball - 12 - 3 pm	RSB - 1 - 2:30 pm	Pickleball (Advance) 7-9 am
	Pickleball 2:30-4:30 pm	Pickleball (Inter) 9-11 am
		Pickleball (Begin) 11a-1pm

