



JULY 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
			Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	CLOSED
			Easterseals 10:30-11:30am			
			RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am	Pickleball 10am-12pm RSB - 1 - 2:30 pm	CLOSED
			Adult Pick Up Basketball 5-8pm	Pickleball (Begin) 11a-1pm Pickleball (All) 6:30 - 9 pm	Futsal Pick Up 5-6:30 pm	
5	6	7	8	9	10	11
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
			Easterseals 10:30-11:30am			
	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am	RSB - 1 - 2:30 pm Pickleball 2:30-4:30 pm	Pickleball (Advance) 7-9 am Pickleball (Inter) 9-11 am	Pickleball 10am-12pm RSB - 1 - 2:30 pm	Pickleball - 8 - 11 am
		Pickleball (Begin) 11a-1pm	Adult Pick Up Basketball 5-8pm	Pickleball (Begin) 11a-1pm Pickleball (All) 6 - 8:30 pm	Futsal Pick Up 5-6:30 pm	
12	13	14	15	16	17	18
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
			Easterseals 10:30-11:30am			
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19	20	21	22	23	24	25
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
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26	27	28	29	30	31	
	Step It Up - 8:15 - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am		Step It Up - 8:15 am - 9 am Tone - 9 am - 10 am	
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