



## OPEN GYMNASIUM SCHEDULE

Schedule starting July 1 2025

Stat Holidays: July 01, Aug 04, Sept 01 - No Group Fitness Classes, Pool or Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Open Gym 6:00am-9:00am	Y Strength 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-9:00am	Y Strength 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-9:00am	Open Gym 7:00am-8:45am	Open Gym 7:00am-2:00pm	
	Open Gym 7:15am-9:15am		Open Gym 7:15am-9:15am				
Y Strength 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	CYF reserved for programs 9:30am-11:00am	Y Sweat 9:15am-10:15am <i>Class Returning September</i>	Y Sweat 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Multi-Sports 6-12 yrs 9:00am-10:15am			
Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>		Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Y Gentle Cardio 10:45am-11:30am <i>Class Returning September</i>	Open Gym 10:30am-4:30pm			
CYF reserved for programs 11:45am-12:45pm	Adult Walking 11:00am-11:30am	Adult Walking 11:00am-11:30am	Adult Basketball 12:00pm-1:15pm				
	Adult Basketball 12:00pm-1:15pm	CYF reserved for programs 11:45am-12:45pm	Adult Basketball 12:00pm-1:15pm				
	Open Gym 1:00pm-3:30pm	Open Gym 1:15pm-3:30pm	Open Gym 1:00pm-3:30pm		Open Gym 1:15pm-3:30pm		
Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm		Youth Sports 3:30pm-4:30pm		Family Open Gym 2:30pm-4:30pm <i>6+ yrs accompanied by parent/guardian</i>
Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-5:00pm	Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-6:30pm	Open Gym 4:30pm-9:00pm	Youth Sports 12-16yrs old 4:30pm-5:30pm <i>Supervised</i>		Youth Sports 12-16yrs old 4:30pm-5:30pm
	Multi-Sports 6-12 yrs 5:15pm-6:30pm				Y Strength 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>		Open Gym 5:30pm-7:00pm
	Multi-sports 6-12 yrs 6:45pm-8:00pm*	Adult Basketball 6:45pm-8:00pm	Y Sweat 6:45pm-7:45pm <i>No Class July</i>				
	Adult Basketball 6:45pm-8:00pm				Open Gym 8:00pm-9:00pm		
	Open Gym 8:00pm-9:00pm	Open Gym 6:45pm-9:00pm	Open Gym 8:00pm-9:00pm				
Group fitness classes - Pre-registration recommended on Mindbody, updated cancellations to be posted on Mindbody. * Program is in half gym							

UPDATED SUMMER 2025