



OPEN GYMNASIUM SCHEDULE

Schedule starting Sept 02 2025

Stat Holidays: Sept 01, Sept 30, Oct 13, Nov 11 - 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-10:15am	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
	Y Strength 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>		Open Gym 7:15am-11:00am		Open Gym 7:15am-11:00am	
Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Adult Walking 11:00am-11:30am		Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Adult Walking 11:00am-11:30am	Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	
Open Gym 11:45am-3:30pm		Adult Basketball 12:00pm-1:15pm	Adult Basketball 12:00pm-1:15pm		Adult Basketball 12:00pm-1:15pm	
	Open Gym 1:15pm-3:30pm	Open Gym 11:45am-3:30pm	Open Gym 1:15pm-3:30pm	Open Gym 1:15pm-3:30pm	Family Open Gym 2:30pm-4:30pm <i>6+ yrs accompanied by parent/guardian</i>	
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		Youth Sports 12-16yrs old 4:30pm-5:30pm <i>Supervised</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
	Y Sweat 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>				Multi-Sports 6-12 yrs 5:15pm-6:30pm	Y Strength 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>
Adult Basketball 6:45pm-8:00pm	Multi-sports 6-12 yrs 6:45pm-8:00pm*	Adult Basketball 6:45pm-8:00pm	Y Sweat 6:45pm-7:45pm <i>Pre-registration recommended on Mindbody</i>		Facility Closes at 7pm	Facility Closes at 7pm
	Open Gym 8:00pm-9:00pm	Open Gym 6:45pm-9:00pm	Adult Basketball 6:45pm-8:00pm		Open Gym 8:00pm-9:00pm	
UPDATED SUMMER 2025						
Group fitness classes - Pre-registration recommended on Mindbody, updated cancellations to be posted on Mindbody. * Program is in half gym						

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