



# MAY 2023

## GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:50PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—4:00PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—6:50PM Open Gym	8:00AM-1:50PM Open Gym	1:00PM—4:50PM Open Gym
	9:00AM-9:45AM* Warrior Circuit Class *Gym is closed 8:50AM-10:00AM		9:00AM-9:45AM* Warrior Circuit Class * Gym is closed 8:50AM-10:00AM			
	10:00AM-12:00PM PICKLEBALL		10:00AM-12:00PM PICKLEBALL			
5:00PM-5:30PM* Warrior Circuit Class *Gym closed 4:50PM-5:40PM	12:00PM-5:50PM Open Gym	4:00PM-7:50PM 18+ Adult Pickup Basketball	12:00PM-4:50PM Open Gym			
6:00PM-7:50PM 18+ Adult Pickup Basketball	<b><u>6:00PM-7:50PM</u></b> <b><u>PICKLEBALL</u></b>		5:00PM-5:30PM* Warrior Circuit Class *Gym closed 4:50PM-5:40PM			
			5:50PM-7:50PM Open Gym			

**PLEASE NOTE:**

**GYM FLOOR IS GETTING REFINISHED!**

**The YMCA will close Friday, May 5th at 2:00pm.**

**The Y will be closed May 6th & May 7th.**

**The Y will be open May 8th but the gym will be closed.**

**THE GYMNASIUM CLOSSES 10 MINS PRIOR TO FACILITY CLOSURE.**

**OPEN GYM: Gymnasium available to all.**

**WARRIOR CIRCUIT CLASS**  
**(30 MINUTES) This class will consist of a number of different exercise stations being set up in the gym. The participants will start at one specific station and rotate through all exercises for set period of time.**

### SCHEDULED CLOSURES

Gym availability and schedule is subject to change.  
Please call the front desk at 276-979-0280 to check for any gym closures on any day in question.

### GYMNASIUM SCHEDULE

Mon-Thurs	5:00AM-7:50PM
Friday	5:00AM-6:50PM
Saturday	8:00AM-1:50PM
Sunday	1:00PM-4:50PM