



SHEBOYGAN YMCA GYM SCHEDULE

April 16 - May 19, 2018

	MONDAY			TUESDAY			WEDNESDAY		
	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>
6:00							ADULT BB		
6:30	OPEN GYM	OPEN GYM						OPEN GYM	
7:00									
7:30				OPEN GYM	OPEN VOLLEYBALL	OPEN GYM	SS YOGA		
8:00									
8:30	FITNESS BOOST			Silver Sneakers	"	ETUDE PE	FITNESS BOOST		
9:00	PICKLEBALL	PICKLEBALL		ETUDE School PE		PRESCHOOL	OPEN		
10:00	"	"		"				REHAB GROUP	
10:30	"	"		"					
11:00									
11:30	ADULT BB						ADULT BB	OPEN GYM	
12:00									
12:30						OPEN GYM			
1:00									
1:30									
2:00									
2:30		OPEN GYM		OPEN GYM			OPEN GYM		
3:00	OPEN GYM								
3:30		YDC			YDC			YDC	
4:00			MTYMITE TENNIS			YDC			
4:30						"			
5:00			MTYMITE GOLF		OPEN GYM	MTYMITE GOLF		OPEN GYM	
5:30		OPEN GYM							PEEWEE SPORTS
6:00	Women's Volleyball League								ZUMBA
6:30			ZUMBA			PEE WEE GYM			"
7:00	"						O P E N Mens VB Lg.		
7:30	"								
8:00	"								
8:30	"								
9:00									
9:30									
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Legend

SS= Silver Sneakers
BB= Basketball

Weekend schedule is subject to change weekly. Please call the desk to enquire about open gyms on weekends.

*** Please see the YMCA brochure for more details and specific times for classes ***



SHEBOYGAN YMCA GYM SCHEDULE

April 16 - May 19, 2018

	THURSDAY			FRIDAY			SATURDAY		
	<u>Main</u>	<u>East</u>	<u>Muth</u>	<u>Main</u>	<u>East</u>	<u>Muth</u>	<u>Main</u>	<u>East</u>	<u>Muth</u>
6:00				ADULT BB			CLOSED	CLOSED	CLOSED
6:30	ADULT BB	OPEN							
7:00							ADULT BB	Y-Member	Y-Member
7:30		OPEN VOLLEYBALL		OPEN	OPEN GYM		Open Gym	Open Gym	Open Gym
8:00									
8:30	Silver Sneakers	"	LIVESTRONG	FITNESS BOOST		ZUMBA	Y-Member Open Gym		
9:00									
9:30	Mosaic School PE			PICKLEBALL					
10:00	"			"					
10:30	"								
11:00									
11:30				ADULT BB					
12:00									
12:30									
1:00									
1:30				HOME School PE		HOME SCHOOL			
2:00							Y-Member & non-mem. Open Gym 2-5pm	Y-Member & non-mem. Open Gym 2-5pm	
2:30	OPEN GYM	OPEN GYM							
3:00									
3:30									
4:00		YDC	PRESCHOOL		YDC				
4:30	OPEN YTH		ADAPTED PE						
5:00	OPEN V-BALL					FRIDAY			
5:30	Co-Ed Volleyball Leagues	Co-Ed Volleyball Leagues	Co-Ed Volleyball Leagues	OPEN GYM	OPEN GYM	FUN CLUB	YMCA Special Events Fri. 4/20 Healthy Kids Night Sat. 4/21 Cancer Walk/Run Sat. May 20 Sunshine Gymnastics Meet Summer hours start Sun. June 3RD		
6:00									
6:30									
7:00									
7:30									
8:00									
8:30									
9:00				CLOSED	CLOSED	CLOSED			
9:30									
10:00									

Legend
 SS= Silver Sneakers
 BB= Basketball

YMCA is closed Mon. May 28 (Memorial Day)
 Sunday Non-Member guest passes for open gym time: 1pm - 3:30pm

***** Please see the YMCA brochure for more details and specific times for classes *****