



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN GYM POLICIES

- **OPEN GYM IS FOR MEMBERS ONLY!**
- **This schedule subject to change without notice.**

SHEBOYGAN FALLS YMCA GYM SCHEDULE

SEPTEMBER 21- OCTOBER 25, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		Adult Basketball		Adult Basketball		
5:30am						
6:00am						
6:30am						
7:00am						Gym Open
7:30am						
8:00am	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
8:30am						
9:00am	Power Yogalates	Essential	Power Yogalates	Essential	Line Dance Class	
9:30am		Senior Fitness		Senior Fitness	9-10am	Tae Kwon Do
10:00am						9:30am-Noon
	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	(10:15 am)	
10:30am	Child Care	Child Care	Child Care	Child Care	Child Care	
11:00am	↓	↓	↓	↓	↓	
11:30am	↓	↓	↓	↓	↓	
12:00pm	Adult Basketball		Adult Basketball		Adult Basketball	
12:30pm						Gym Open
1:00pm						
1:30pm						
2:00pm	Child Care	Child Care	Child Care	Child Care	Child Care	
2:30pm	↓	↓	↓	↓	↓	
3:00pm	↓	↓	↓	↓	↓	CLOSED
3:30pm						
4:00pm		Mighty Might Tennis		Mighty Mite Soccer	Sports of All Sorts	
4:30pm	Gym Open	4:00-5:00pm (inclement weather only)	Pee Wee Football (inclement weather only)	4:00-5:00pm (inclement weather only)	4:00-4:45pm	
5:00pm		Gym Open	4:30-5:15pm			
5:30pm				Gym Open	Gym	Open
6:00pm						NOON - 4pm
6:30pm			Tae Kwon Do			Gym Open
7:00pm			↓			
7:30pm			↓			
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	