OPEN GYM POLICIES

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

SHEBOYGAN FALLS YMCA GYM SCHEDULE
JULY 13 - 19, 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	**CLOSED**
12:30pm						
1:00pm		Vball Camp				
1:30pm		Rental				
2:00pm	Vball Camp	1-4pm	Vball Camp	Vball Camp	Gaga Ball/Dodgeball	
2:30pm	Rental		Rental	Rental	(2:00-3:00pm)	
3:00pm	2-5pm		2-5pm	2-5pm		Slam
3:30pm					**1/2 Gym**	Volleyball
4:00pm		HS Girls Vball League			**Open**	Lessons
4:30pm	↓		↓	↓		3-7pm
5:00pm				Vball Lessons		
5:30pm	**Gym Open**		**Gym Open**	5-8pm		**SUNDAY**
6:00pm						**CLOSED**
6:30pm		Tae Kwon Do				Slam Tryouts
7:00pm			↓		**CLOSED**	Sunday 7/20 & 727
7:30pm	↓		↓	↓		7/13 Ladies Night Out 1:30-4:30pm
8:00pm	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**		