



## Sheboygan YMCA – Gym Schedule March 31 – April 19 , 2025(Spring 1 revised)



### Lohmann Gym

#### **Monday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:30am  
 Open Pickleball 9:30am-11:30am  
 Open Gym/Pb 11:30am-3pm  
 Open Gym 3pm-5:30pm  
 Women's Volleyball 5:30pm-9pm

#### **Tuesday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:30am  
 Open Gym 9:30am-8:55pm

#### **Wednesday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:40am  
 Warriner MS 9:45am – 10:45am  
 Change acd/open 10:45am – 11:30am  
 Open Gym 11:30am-8:55pm

#### **Thursday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:20am-9:45am  
 Open/Adv.PB 9:45am-3pm  
 Open Gym 3pm-5:30pm  
 Coed Volleyball 5:30pm-9pm

#### **Friday**

Open Gym 5am-8:15am  
 Silver Sneakers 8:30am-9:30am  
 Pickleball 9:30am-11:30am  
 Open gym/PB 11:30am – 12:30pm  
 Open Gym 12:30pm-8:55pm  
 YDC ½ 4-5pm

#### **Saturday**

Open Gym 7am-4:55pm

**Sunday** – 7am-3:55pm Open Gym

### East Gym

#### **Monday**

Open Gym 5am-9am  
 Open Pickle ball 9am-11:30am  
 PB LITE/open gym 11:30-1pm  
 Reach Fwd Group 1-2pm  
 Open gym/Adv. 2pm-3:30pm  
 B&G Club 3:30pm-4:30pm  
 Youth classes 5pm-6:45pm  
 Open Gym 6:45pm -8:55pm

#### **Tuesday**

Open Gym 5am-7:30am  
 Adult Volleyball 7:30am-10:30am  
 Advanced Pb 10:30am-12pm  
 Pickle ball 12pm-3:00pm  
 Open gym 3:00pm-5:45pm  
 Volleyball clinics 5:45pm-7:30pm  
 Pb reservations 7:30-8:45pm

#### **Wednesday**

Open Gym 5am-8am  
 Pickleball Lite 8am-9:40am  
 Warriner MS PE 9:45am-10:45am  
 Adv PB/Opn gym 10:45am-12:30pm  
 Pickleball 12:30pm-3pm  
 B&G Club 4:15pm-5pm  
 Mighty Mite Soccer 5-6pm  
 Open Youth Gym 5:30pm-8:55pm

#### **Thursday**

Open Gym 5am-7:30am  
 Adult Volleyball 7:30am-10am  
 Pickleball 10:30am-1pm  
 Reach Fwd Group 1pm-2pm  
 Open Youth Gym 2pm-5:30pm  
 Coed Volleyball 5:30pm-9pm

#### **Friday**

Pickleball 9am-11:30pm  
 PB lite 11:30-1:30  
 Open Gym/Adv PB 1:30pm-3:30pm  
 B&G Club 3:30pm-4:30pm  
 Open Youth Gym 4:30pm-6pm  
 PB res/Badmin 6pm-8:45pm

#### **Saturday**

Open 12-3pm, PB reservations 3:30-4:45pm

**Sunday** – 7:30am-3pm Pb reservation/badminton

### Muth Gym

#### **Monday**

Open Gym 5am-10:30am  
 YDC 10:30am-11:30am  
 Open 11:30-4pm  
 YDC 4pm-5pm  
 Adv. Core Strength 5:30-6:30pm  
 Open Family Gym 6:30pm-8:55pm

#### **Tuesday**

Open Gym 5am-9:15am  
 YDC 9:15am-11:15am  
 Open 11:15am-3:30pm  
 YDC 3:30pm-4:30pm  
 Pee Wee Classes 4:30-6pm  
 Open family gym 6-8:55pm

#### **Wednesday**

Warriner MS PE 9:45-10:45am  
 YDC 10:45am-11:30am  
 Open Gym 11:30am-3:30pm  
 YDC 3:30pm-5pm  
 Adv. Core Strength 5:30-6:30pm  
 Open Gym 6:30-8:55pm

#### **Thursday**

Ultimate Bootcamp 5:45am-6:45am  
 Strength & Pilates 8am-9am  
 YDC 9:15am-11:15am  
 Open Gym 11:15am-3:30pm  
 YDC 3:30-4:30pm  
 Vball skills 4:30pm-5:15pm  
 Coed Volleyball 5:30-9pm

#### **Friday**

Open Gym 5-9:15am  
 YDC 9:15-11:15am  
 Open Gym 11:15am-1:30pm  
 Home School PE 1:30-2:30pm  
 Open Gym 2:30-4pm  
 Open Family Gym 5pm-8:55pm

#### **Saturday**

Advanced Core Str. 8:30am-9:30am

\*Gym schedule is subject to change