



Sheboygan YMCA – Gym Schedule  
**June 9 – July 20, 2024**



**Lohmann Gym**

**Monday**

Open Gym 5-8:15am  
 Silver Sneakers 8:20-9:40am  
 Open/½ YDC alt. 9:40-12, 1-5:30pm  
 Open Gym 9:40pm-8:55pm

**Tuesday**

Open Gym 5-8:15am  
 Silver Sneakers 8:20-9:40am  
 Open Gym 9:40am-4:30pm  
 Open/½ YDC alt. 9:40am-12pm 1-4:30pm  
 V-ball league 4:45-9pm

**Wednesday**

Open Gym 5-8:15am  
 Silver Sneakers 8:20-9:40am  
 Open/½ YDC alt. 9:40am-12pm, 1-5:30pm  
 Open Gym 1pm-8:55pm

**Thursday**

Open Gym 5-8:15am  
 Silver Sneakers 8:20am-9:40am  
 Open Gym 9:40am-8:55pm  
 Open/½ YDC alt. 9:40am-12pm, 1-5:30pm

**Friday**

Open Gym 5-8:15am  
 Silver Sneakers 8:20-9:40am  
 Open/½ YDC alt. 9:40am-12pm, 1-5:30pm  
 Open Gym 9:40am-7:55pm

**Saturday**

Open Gym 7am-2:55pm  
 Livestrong 9am-10am (LN-Half)

**Sunday – 7am-2pm**

**Gym Schedule is subject to change**

**East Gym**

**Monday**

Open Youth Gym 5am-1pm  
 Reach Fwd Group 1-2pm  
 Open Youth Gym 2-3:30pm  
 B&G Club 3:30-4:30pm  
 Open Youth Gym 4:30-8:55pm

**Tuesday**

Open Youth Gym 5-7:30am  
 Adult Volleyball 7:30-10:30am  
 Open Youth Gym 11am-5pm  
 Open Gym 5-8:55pm

**Wednesday**

Open Youth Gym 5am-3:30pm  
 B&G Club 3:30-4:30pm  
 Open Youth Gym 4:30-8:55pm

**Thursday**

Open Youth Gym 5-7:30am  
 Adult Volleyball 7:30-10:30am  
 Open Youth Gym 11am-1pm  
 Reach Fwd Group 1-2pm  
 Open Youth Gym 2-8:55pm

**Friday**

Open Youth Gym 5am-3:30pm  
 B&G Club 3:30-4:30pm  
 Open PB 5-7:55pm

**Saturday**

Open PB 7am-2:30pm

**Sunday**

Open PB 7am-1:30pm

**\*Camps and inclement weather\***

**Muth Gym**

**Monday**

Open Family Gym 5-6:30am  
 YDC 7:30am-4:45pm  
 Mighty Mite B-Ball 4:45pm-6pm  
 Open Family Gym 6pm-8:55pm

**Tuesday**

Open Family Gym 5-6:30am  
 YDC 7:30am-5:30pm  
 Open Family Gym 5:30-8:55pm

**Wednesday**

Open Family Gym 5-6:30am  
 YDC 7:30am-5:30pm  
 Open Family Gym 5:30-8:55pm

**Thursday**

Open Family Gym 5-6:30am  
 YDC 7:30am-5:30pm  
 Open Family Gym 5:30-8:55pm

**Friday**

Open Gym 5-6:30am  
 YDC 7:30am-5:30pm  
 Open Family Gym 5:30-7:55pm

**Saturday**

Open Gym(rentals/youth/family)7am-2:55pm

**Sunday – 7am-1:55pm**

(rentals/youth/family)