



Sheboygan YMCA – Gym Schedule June 28 – July 5, 2025 (Youth Class Break Week)

Lohmann Gym

Monday

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

Tuesday

Open Gym 5-8:15am
Silver Sneakers 8:15-9:30am
Open Gym 9:30am-4:30pm
Open/½ YDC alt. 9:30am-12pm 1-4:30pm
Open 4:30pm-8:55pm

Wednesday

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

Thursday

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

Friday

Open Gym 5am-8:15am
Silver Sneakers 8:15am-9:30am
Open/1/2 YDC alt. 9:30am-5:30pm
Open Gym 5:30pm-7:55pm

Saturday

Y-Closed-Independence Day!

Sunday – Open Gym 7am-3:55pm

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

Closed for 4th of July run set up

Saturday

YMCA Closed- Independence Day!

Sunday

Open youth gym 7am-2:55pm

For Camps and inclement weather

Muth Gym

Monday

Open Family Gym 5-6:30am
YDC 7:30am-5:30pm
Open Family Gym 5:30pm-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-5:00pm
Open Family Gym 5-8:55pm

Thursday

Open Gym 5-7:30am
YDC 7:30am-4pm
Open Family Gym 4-8:55pm

Friday

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

Saturday

Y Closed-Independence Day!

Sunday – 7am-2:55pm
(rentals/youth/family)