



Sheboygan YMCA – Gym Schedule July 21 – August 24, 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(through 8/6)

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)