



Sheboygan YMCA – Gym Schedule June 29 – July 5, 2025 (Youth Class Break Week)



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
Open 4:30pm-8:55pm

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/½ YDC alt. 9:40am-12pm, 1-5:30pm
Closed at 6pm for run set up

Friday

Y-Closed Happy Independence Day!

Saturday

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

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

Y-Closed Happy Independence Day!

Saturday

Open youth gym 7am-2:30pm

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

Y-Closed Happy Independence Day!

Saturday

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

Sunday – 7am-2:55pm

(rentals/youth/family)