



## Sheboygan YMCA – Gym Schedule August 24 – September 6, 2025



### **Lohmann Gym**

#### **Monday**

Open Gym 5-8:15am  
Silver Sneakers 8:20-9:40am  
Open Gym 9:40am-8:55pm

#### **Tuesday**

Open Gym 5-8:15am  
Silver Sneakers 8:20-9:40am  
Open Gym 9:40am-8:55pm

#### **Wednesday**

Open Gym 5-8:15am  
Silver Sneakers 8:20-9:40am  
Open Gym 9:40am-8:55pm

#### **Thursday**

Open Gym 5-8:15am  
Silver Sneakers 8:20am-9:40am  
Open Gym 9:40am-8:55pm

#### **Friday**

Silver Sneakers 8:20-9:40am  
Open Gym 9:40am-8:55pm

#### **Saturday**

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

#### **Sunday**

Open Gym 7am-1:55pm

**Gym Schedule is subject to change**

### **East Gym**

#### **Monday**

Open Youth Gym 5am-1pm  
Reach Fwd Group 1-2pm  
Open Youth Gym 2-8:55pm

#### **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-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-5pm  
Open PB 5-7:55pm

#### **Saturday**

Open PB 7am-2:30pm

#### **Sunday**

Open PB 7am-1:30pm

### **Muth Gym**

#### **Monday**

Open Family Gym 5-9:15am  
YDC 9:15am-11:15am  
Open Family Gym 11:15am-3:30pm  
YDC 3:30-5pm  
Open Family Gym 5pm-8:55pm

#### **Tuesday**

Open Family Gym 5-9:15am  
YDC 9:15am-11:15am  
Open Family Gym 11:15am-3:30pm  
YDC 3:30pm-5pm  
Open Family Gym 5pm-8:55pm

#### **Wednesday**

Open Family Gym 5-9:15am  
YDC 9:15am-11:15am  
Open Family Gym 11:15am-3:30pm  
YDC 3:30pm-5pm

#### **Thursday**

Open Family Gym 5-9:15am  
YDC 9:15am-11:15am  
Open Family Gym 11:15am-3:30pm  
YDC 3:30pm-5pm

#### **Friday**

Open Gym 5-9:15am  
YDC 9:15am-11:15am  
Open Family Gym 11:15am-3:30pm  
YDC 3:30pm-5pm  
Open Family Gym 5pm-8:55pm

#### **Saturday**

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

**Sunday – 7am-1:55pm**  
(rentals/youth/family)