



OPEN GYMNASIUM SCHEDULE

Schedule starting September 1, 2024

Stat Holidays: September 2nd and September 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00am-9:00am	Y Strength 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-9:00am	Y Strength 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-9:00am	Open Gym 7:00am-8:45am	Open Gym 7:00am-2:00pm
Y Strength 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Open Gym 7:15am-11:00am	Y Sweat 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Open Gym 7:15am-11:00am	Y Sweat 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Multi-Sports 6-12 yrs 9:00am-10:15am	
Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>		Adult Walking 11:00am-11:30am	Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Adult Walking 11:00am-11:30am	Y Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Open Gym 10:30am-2:00pm
Open Gym 11:45am-3:30pm	Lunch Bunch Basketball 11:45am-1:00pm	Open Gym 11:45am-3:30pm	Lunch Bunch Basketball 11:45am-1:00pm	Lunch Bunch Basketball 11:45am-1:00pm		
	Open Gym 1:00pm-3:30pm		Open Gym 1:00pm-3:30pm	Open Gym 1:00pm-3:30pm		
Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Family Fun All ages drop-in 2:30pm-4:30pm <i>Parent participation required</i>	Family Fun All ages drop-in 2:30pm-4:30pm <i>Parent participation required</i>
Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-5:00pm	Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-6:30pm	Open Gym 4:30pm-9:00pm	Youth Sports 4:30pm-5:30pm	Youth Sports 4:30pm-5:30pm
Y Sweat 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>	Multi-Sports 6-12 yrs 5:15pm-6:30pm	Y Strength 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>			Open Gym 5:30pm-7:00pm	Open Gym 5:30pm-7:00pm
Open Gym 6:45pm-9:00pm	Multi-sports 6-12 yrs 6:45pm-8:00pm	Open Gym 6:45pm-9:00pm	Y Sweat 6:45pm-7:45pm <i>Pre-registration recommended on Mindbody</i>		Facility Closes at 7pm	Facility Closes at 7pm
	Open Gym 8:15pm-9:00pm		Open Gym 8:00pm-9:00pm			

Updated Aug 14, 2024

Group fitness classes - Pre-registration recommended on Mindbody, updated cancellations to be posted on Mindbody.

Multi-Sports youth program - Membership is required.