



# OPEN GYMNASIUM SCHEDULE

Schedule starting March 31 2025

Stat Holidays: April 18th, April 21st, May 19th - No Group Fitness Classes, Pool or Programs

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |                           |
|---|--|---|--|---|--|--|---------------------------|
| Open Gym<br>6:00am-9:00am   | Y Strength<br>6:15am-7:00am<br><i>Pre-registration recommended on Mindbody</i> | Open Gym<br>6:00am-9:00am   | Y Strength<br>6:15am-7:00am<br><i>Pre-registration recommended on Mindbody</i> | Open Gym<br>6:00am-9:00am   | Open Gym<br>7:00am-8:45am  | Open Gym<br>7:00am-2:00pm  |                           |
| Y Strength<br>9:15am-10:15am<br><i>Pre-registration recommended on Mindbody</i>       | Open Gym<br>7:15am-11:00am   | Y Sweat<br>9:15am-10:15am<br><i>Pre-registration recommended on Mindbody</i>          | Open Gym<br>7:15am-11:00am   | Y Sweat<br>9:15am-10:15am<br><i>Pre-registration recommended on Mindbody</i>          | Multi-Sports<br>6-12 yrs<br>9:00am-10:15am                         |  |                           |
| Y Gentle Cardio<br>10:45am-11:30am<br><i>Pre-registration recommended on Mindbody</i> | Adult Walking<br>11:00am-11:30am   | Y Gentle Cardio<br>10:45am-11:30am<br><i>Pre-registration recommended on Mindbody</i> | Adult Walking<br>11:00am-11:30am   | Y Gentle Cardio<br>10:45am-11:30am<br><i>Pre-registration recommended on Mindbody</i> | Open Gym<br>10:30am-2:00pm   | Family Open Gym<br>2:30pm-4:30pm<br><i>6+ yrs accompanied by parent/guardian</i> |                           |
| Open Gym<br>11:45am-3:30pm  | Adult Basketball<br>11:45am-1:00pm   | Open Gym<br>11:45am-3:30pm  | Adult Basketball<br>11:45am-1:00pm   | Adult Basketball<br>11:45am-1:00pm  |  |  |                           |
|   | Open Gym<br>1:00pm-3:30pm  |   | Open Gym<br>1:00pm-3:30pm  | Open Gym<br>1:00pm-3:30pm   |  |  |                           |
| Youth Sports<br>3:30pm-4:30pm   | Youth Sports<br>3:30pm-4:30pm  | Youth Sports<br>3:30pm-4:30pm   | Youth Sports<br>3:30pm-4:30pm  | Youth Sports<br>3:30pm-4:30pm   | Youth Sports<br>12-16yrs old<br>4:30pm-5:30pm<br><i>Supervised</i> | Youth Sports<br>12-16yrs old<br>4:30pm-5:30pm                                    |                           |
| Open Gym<br>4:30pm-5:15pm   | Open Gym<br>4:30pm-5:00pm  | Open Gym<br>4:30pm-5:15pm   | Open Gym<br>4:30pm-6:30pm  | Open Gym<br>4:30pm-9:00pm   |  | Open Gym<br>5:30pm-7:00pm  | Open Gym<br>5:30pm-7:00pm |
| Y Sweat<br>5:30pm-6:30pm<br><i>Pre-registration recommended on Mindbody</i>           | Multi-Sports<br>6-12 yrs<br>5:15pm-6:30pm                                      | Y Strength<br>5:30pm-6:30pm<br><i>Pre-registration recommended on Mindbody</i>        | Y Sweat<br>6:45pm-7:45pm<br><i>Pre-registration recommended on Mindbody</i>    |   |  |  |                           |
| Adult Basketball<br>6:45pm-8:00pm   | Multi-sports<br>6-12 yrs<br>6:45pm-8:00pm*                                     | Adult Basketball<br>6:45pm-8:00pm   |  |   |  | Facility Closes at 7pm   | Facility Closes at 7pm    |
| Open Gym 8:00pm-9:00pm  | Growing Mindfully<br>6:30pm-8:00pm *   | Open Gym<br>8:00pm-9:00pm   | Open Gym<br>8:00pm-9:00pm  |   |  |  |                           |

UPDATED SPRING 2025

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

\* Program is in half gym