

# Schalmo Family YMCA

## GYM SCHEDULE APRIL 29 - MAY 18

Building Hours	MONDAY 5:30am-9:00pm	TUESDAY 5:30am-9:00pm	WEDNESDAY 5:30am-9:00pm	THURSDAY 5:30am-9:00pm	FRIDAY 5:30am-8:00pm	SATURDAY 7:00am-3:00pm	SUNDAY 11:00am-3:00pm	
5:30am	Open Gym (Schalmo) 5:35am - 8:50am	Open Gym (Schalmo) 5:35am - 5:50am	Open Gym (Schalmo) 5:35am - 8:50am	Open Gym (Schalmo) 5:35am - 5:50am	Open Gym (Schalmo) 5:35am - 8:50am	Open Gym (Schalmo) 7:00am - 7:50am		
6:00am		Power Hour (Schalmo) 6:00am - 7:00am		Power Hour (Schalmo) 6:00am - 7:00am				
7:00am		Open Gym (Schalmo) 7:15am - 8:45am		Open Gym (Schalmo) 7:15am - 8:45am				
8:00am		Saturday Sweat (Schalmo) 8:00am - 8:45am						
9:00am	Bootcamp (Schalmo) 9:00am - 9:45am	Total Body Toning (Schalmo) 9:00am - 9:45am	Strength 45 (Schalmo) 9:00am - 9:45am	Total Body Toning (Schalmo) 9:00am - 9:45am	30/30 (Schalmo) 9:00am - 10:00am	Open Gym (Schalmo) 9:00am - 10:50pm		
10:00am	Open Gym (Schalmo) 9:50am - 10:20am	Intro to Group Exercise (Schalmo) 10:00am - 11:00am (1st Tuesday of the month)	Open Gym (Schalmo) 10:00am - 10:30am (HALF GYM)	Art,Gym & Swim (Schalmo) 10:00am - 10:30am (HALF GYM)	Parkinson's Class (Schalmo) 10:45am - 11:45am			
11:00am 12:00pm	Pickleball (Schalmo) 10:30am - 12:30pm	Open Gym (Schalmo) 11:15am - 5:15pm	Pickleball (Schalmo) 10:30am - 12:30pm	Open Gym (Schalmo) 12:00pm - 5:15pm	Open Gym (Schalmo) 10:00am - 7:50pm			Rookie: All Sports (Schalmo) 11:15am - 12:00pm
1:00pm	Open Gym (Schalmo) 12:45pm - 5:30pm		Open Gym (Schalmo) 12:45pm- 5:30pm			Open Gym (Schalmo) 12:00pm - 5:15pm	All Sports: K - 3rd (Schalmo) 12:00pm -12:45 pm	
2:00pm							Open Gym (Schalmo) 1:00pm - 2:50pm	
3:00pm								
4:00pm								
5:00pm								
6:00pm	Total Body Toning (Schalmo) 5:45pm - 6:30pm	Cardio X (Schalmo) 5:30pm - 6:15pm	Boot Camp (Schalmo) 5:45pm - 6:30pm	Total Body Toning (Schalmo) 5:30pm - 6:15pm				
7:00pm	Open Gym (Schalmo) 6:45pm - 8:50pm	Open Gym (Schalmo) 6:30 - 8:45	Volleyball Team Practice (Schalmo) 6:45pm - 8:00pm	Volleyball Skills Class (Schalmo) 6:30pm - 7:15pm				
8:00pm			Open Gym (Schalmo) 8:00pm - 8:50pm	Volleyball Team Practice (Schalmo) 7:20pm - 8:50pm				

\*\*\*SCHEDULE SUBJECT TO CHANGE BASED ON YMCA EVENTS\*\*\*