



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## January 2 - January 29

SUN	MON	TUES	WED	THUR	FRI	SAT
	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	
	7:00-11:30 ADULT  **HALF GYM reserved from 9:00-10:00 for Family Fitness Hour**	7:00-9:00 ADULT	7:00-11:30 ADULT	7:00-9:00 ADULT	7:00-9:00 ADULT	8:00-9:30 OPEN GYM
		9:00-11:30 PICKLEBALL		9:00-11:30 PICKLEBALL	9:00-11:30 PICKLEBALL	9:30-12:15
	11:30-1:30 ADULT B-BALL	11:30-2:00 ADULT	11:30-1:30 ADULT B-BALL	11:30-1:30 ADULT	11:30-1:30 ADULT B-BALL	YOUTH BASKETBALL
12:00-4:30 OPEN GYM		2:00-2:30 HOME SCHOOL				
	1:30-5:30 OPEN GYM			1:30-5:00 OPEN GYM		12:15-5:00 OPEN GYM
YMCA CLOSSES AT 5:00 PM	5:30-9:00  ADULT VOLLEYBALL LEAGUE  (BEGINS Jan 15)	2:30-8:15 OPEN GYM	1:30-8:15 OPEN GYM	5:00-7:45 YOUTH BASKETBALL	1:30-8:15 OPEN GYM	YMCA CLOSSES AT 5:00 PM
				7:45-8:15 OPEN GYM		
		8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 ADULT	

- The gym closes 15 minutes before building closes.
- The Gym is closed to youth after 8:15pm, M-TH
- Youth not allowed in the building until 1:30pm, M-F unless participating in a youth program, or in possession of a Teen Training Pass.

**SHADED SECTIONS ARE RESERVED FOR THOSE PARTICIPATING IN THE LISTED EVENT**

Superior Douglas County Family YMCA  
9 N 21st Street, Superior, WI 54880  
715-392-5611  
www.superiorymca.org

Contact **Jon Reimer** at [jreimer@superiorymca.org](mailto:jreimer@superiorymca.org) for any specific gym scheduling questions you might have.

**HALF Gym rentals are available upon request.**