



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

June 7 - August 30

| 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 | |
| | 7:00-8:45 DAY CAMP | 7:00-8:45 DAY CAMP | 7:00-8:45 DAY CAMP | 7:00-8:45 DAY CAMP | 7:00-8:45 DAY CAMP | |
| | 8:45-11:30 ADULT | 9:00-11:30 PICKLEBALL | 8:45-11:30 ADULT | 9:00-11:30 PICKLEBALL | 9:00-11:30 PICKLEBALL | |
| 12:00-12:30 OPEN GYM | 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 | 8:00-4:45PM OPEN GYM |
| 12:30-1:30 TABATA | 1:30-4:00 OPEN GYM | 1:30-4:00 OPEN GYM | 1:30-4:00 OPEN GYM | 1:30-4:00 OPEN GYM | 1:30-4:00 OPEN GYM | |
| 1:30-4:45 OPEN GYM | 4:00-5:30 DAY CAMP | 4:00-5:30 DAY CAMP | 4:00-5:30 DAY CAMP | 4:00-5:30 DAY CAMP | 4:00-5:30 DAY CAMP | |
| YMCA CLOSSES AT 5:00 PM | 5:30-8:15 OPEN GYM | 5:30-8:15 OPEN GYM | 5:30-8:15 OPEN GYM | 5:30-8:15 OPEN GYM | 5:30-8:15 OPEN GYM | YMCA CLOSSES AT 5:00 PM |
| | 8:15-8:45 ADULT | 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 for any specific gym scheduling questions you might have.

HALF Gym rentals are available upon request.