



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SEPTEMBER GYM SCHEDULE

\*\*SEPTEMBER 1 - SEPTEMBER 16\*\*

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	7:00-1:30 ADULT	7:00-11:30 ADULT	7:00-1:30 ADULT	7:00-11:30 ADULT	8:30-4:45 OPEN GYM
	11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES	
12:00-4:45 OPEN GYM						
	1:30-8:15 OPEN GYM	1:30-8:15 OPEN GYM	1:30-8:15 OPEN GYM	1:30-8:15 OPEN GYM	1:30-8:15 OPEN GYM	
YMCA CLOSSES AT 5:00 PM						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](mailto:jreimer@superiorymca.org) for any specific gym scheduling questions you might have.  
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**HALF Gym rentals are available upon request.**