

# GYMNASIUM

APRIL-JULY 2022

## MONDAY

5:00-8:30am **RESERVED**

8:30-10:30 **Open Gym**

**10:30-11:30 ZUMBA GOLD**  
RESERVATIONS  
SUGGESTED

11:30-2:00 **Open Gym**

2:00-4:00pm **Pickleball**

4:00-5:00pm **Open Gym**

5:00-8:00pm **Court 1:**  
**YOUTH BBALL**

**Court 2:**  
**Adult P/U BBALL**

## TUESDAY

5:00-5:00pm **Open Gym**

5:00-8:00pm **RESERVED**  
Brooks Adaptive Sports

## WEDNESDAY

5:00-2:00pm **Open Gym**

2:00-4:00pm **Pickleball**

4:00-6:00pm **Open Gym**

6:00-8:00pm **Adult Pick-Up**  
**BBALL**

## THURSDAY

5:00-10:30am **Open Gym**

**10:30-11:15am BODYATTACK**  
RESERVATIONS  
SUGGESTED

11:15-2:00pm **Open Gym**

2:00-4:00pm **Pickleball**

4:00-5:00pm **Open Gym**

5:00-8:00pm **RESERVED**  
Brooks Adaptive Sports

## FRIDAY

5:00-2:00pm **Open Gym**

2:00-4:00pm **Pickleball**

4:00-6:00pm **Open Gym**

6:00-8:00pm **Adult Pick-Up**  
**BBALL**

**9:00am-11:00am**  
**3<sup>rd</sup> Friday of month**  
**Adaptive Pickleball**

## SATURDAY

7:00-10:30am **OPEN GYM**

10:30-12:30pm **RESERVED**  
Brooks Adaptive

12:30-3:00pm **Open Gym**

## SUNDAY

7:00-10:00am **Open Gym**

10:00-12:00pm **Pickleball**

12:30-3:00pm **Adult Pick-up**  
**BBALL**

Group Exercise is  
RESERVATION ONLY



Visit [FirstCoastYMCA.org](https://www.FirstCoastYMCA.org) for a full group exercise schedule.