

# GYMNASIUM

SEPTEMBER 2023

## MONDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-6:00pm OPEN GYM  
6:00pm-9:00pm ADULT 18+  
PICK UP  
BBALL

## TUESDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
(Beginner)  
3:00pm-5:15pm OPEN GYM  
5:15pm-9:00pm RESERVED FOR  
BROOKS REHAB

## WEDNESDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-6:00pm OPEN GYM  
6:00pm-9:00pm RESERVED: ADULT  
BASKETBALL  
LEAGUE

## THURSDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
(Beginner)  
3:00pm-5:30pm OPEN GYM  
5:30pm-9:00pm RESERVED FOR  
BROOKS REHAB

## FRIDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-6:00pm OPEN GYM  
6:00pm-9:00pm ADULT 18+  
PICK UP  
BBALL

## SATURDAY

7:00am-10:15am OPEN GYM  
10:15am-12:30pm BROOKS  
ADAPTIVE  
12:30pm-3:00pm OPEN GYM

## SUNDAY

7:00am-9:00am PICKLEBALL  
9:00am-12:30pm OPEN GYM  
12:30pm-3:00pm Adult 18+  
PICK UP  
BBALL

**Gymnasium RESERVED 9:00am-11:00am  
1<sup>st</sup> and 3<sup>rd</sup> Friday of the month  
for WOUNDED WARRIOR EVENT**

Gym schedule can change at any time. For most up  
to date information, please visit the Welcome Center.

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

**BROOKS FAMILY YMCA** 10423 Centurion Pkwy N, Jacksonville, FL 32256 | 904.854.2000