

GYMNASIUM

SPRING 2025

MONDAY

5:00am-1:00pm OPEN GYM
 1:00pm-3:00pm PICKLEBALL (Fast Play)
 3:00pm-6:00pm OPEN GYM
 6:00pm-9:00pm RESERVED: YOUTH BASKETBALL

TUESDAY

5:00am-10:30am OPEN GYM
 10:30am-12:30pm HSPE (1/2) OPEN GYM (1/2)
 1:00pm-3:00pm PICKLEBALL (Slow Play)
 3:00pm-6:00pm OPEN GYM
 6:00pm-9:00pm RESERVED: YOUTH BASKETBALL

WEDNESDAY

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

THURSDAY

5:00am-10:30am OPEN GYM
 10:30am-12:30pm HSPE (1/2) OPEN GYM (1/2)
 1:00pm-3:00pm PICKLEBALL (Slow Play)
 3:00pm-5:30pm OPEN GYM
 5:30pm-9:00pm RESERVED: BROOKS REHAB

FRIDAY

5:00am-1:00pm OPEN GYM
 1:00pm-3:00pm PICKLEBALL (Fast Play)
 3:00pm-6:00pm OPEN GYM
 6:00pm-9:00pm RESERVED: YOUTH BASKETBALL

SATURDAY

7:00am-9:00am OPEN GYM
 9:00am-2:00pm RESERVED: YOUTH BASKETBALL
 2:00pm-5:00pm RESERVED: BROOKS REHAB

SUNDAY

7:00am-11:00am OPEN GYM
 11:00am-2:00pm Adult 18+ PICK UP BBALL
 2:00pm-5:00pm OPEN GYM

**Gymnasium RESERVED 11:00am-1:00pm
 1st and 3rd 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 for a full group exercise schedule.