



WILLIAMS FAMILY YMCA

GYM SCHEDULE – FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-9AM Open Gym	5-9AM Open Gym	5-9AM Open Gym	5-8AM Open Gym	5-9AM Open Gym	9-5PM Youth Sports	8-10AM Teen/Family Open Gym
	9:30-10:15AM New U	9:15-10AM ALL OUT!	8-10:30AM Pickle Ball	9:15-10AM Tabata & Core		10-12PM Pickle Ball
10:15-11:15AM Zumba	10:30-11:30 Adult Open Gym	10:15-11:15AM Zumba	10:30-1130 Adult Open Gym	10:15-11AM Line Dancing		12-2PM Adult Open Gym
				11-12PM Beginner Instructional Pickle Ball		
12PM-1PM HSPE (back court)	12PM-1PM HSPE	12PM-1PM HSPE	12PM-1PM HSPE	12-1pm Beginner Play Pickle Ball		
1PM-4:00PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1-4:00 Pickle Ball		2-5PM Teen Open Gym
5:30-8PM Ct 1 6PM-8PM Ct 2 Youth Sports	4PM-6PM Ct 2 8PM-9PM Ct 2 Open Gym	4PM-6PM Ct 2 8PM-9PM Ct 2 Open Gym	4PM-6PM Ct 2 8PM-9PM Ct 2 Open Gym	4-6PM Open Gym		
4-5:30PM Ct 1 8PM-9PM Ct 1 Open Gym	4PM-7PM Ct 1 Adult Open Gym	4-6:30PM Ct 1 Adult Open Gym	4-5:30PM Ct 1 Open Gym	6-7PM Youth Sports		
4PM-6PM Ct 2 8PM-9PM Ct 2 Open Gym	6PM-8PM Ct 2 7PM-9PM Ct 1 Youth Sports	6:30-9PM Ct 1 6PM-8PM Ct 2 Youth Sports	5:30-9PM Ct 1 6PM-8PM Ct 2 Youth Sports	7-8PM Youth Sports		

*Programming supersedes all open gym activities.

*All other times are open gym and subject to change per Director.

*Open gym is for families/individuals who want to use the gym space.

January 2025 Events:

Feb 9th Family Volleyball 2:30PM-5:30PM

AOA Potluck Feb 7th 11AM-1:30PM