



WILLIAMS FAMILY YMCA

GYM SCHEDULE – AUGUST 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	7AM-5PM Youth Sports	8-10AM Teen/Family Open Gym
	9:15-10:00AM 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	10:15-11:45 Adult Open Gym	10:15-11:15AM Zumba	10:30-1130 Adult Open Gym	10:15-11AM Line Dancing		12-2PM Adult Open Gym*
12PM-1PM HSPE	12PM-1PM HSPE	12PM-1PM HSPE	12PM-1PM HSPE	11-12PM Beginner Instructional Pickle Ball		
1PM-2PM HSPE		1PM-2PM HSPE		12-1PM Beginner Play Pickle Ball		
2PM-4:00PM Pickle Ball	1PM-4PM Pickle Ball	2PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball		2-5PM Teen Open Gym*
4PM-5:30PM Open Gym*	4PM-5:30PM Open Gym*	4-5:30PM Adult Open Gym*	4PM-5:30PM Open Gym*	4-5PM Open Gym*		
5:30-8:45PM Youth Sports	5:30PM-8:15PM Youth Sports	5:30-9PM Youth Sports	5:30PM-7PM Open Gym Ct 2*	5PM-8PM Youth Sports		
	8:15PM-9PM Open Gym*		7PM-9PM Youth Sports Ct 2			
			7PM-9PM Adult Open Gym Ct 1*			

*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.

August 2025 Events:

Aug 31 – Family Volleyball 2PM-5PM

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

YMCA of Florida's First Coast | FCYMCA.org