



Sidney-Shelby County YMCA

SCHAUER GYM SCHEDULE

Building Staffed Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00pm	8:00am-5:00pm	Must have 24 hour access
	Open Gym 5-5:30am	Open Gym 5:00-8:45am	Open Gym 5-5:30am	Open Gym 5:00-8:45am	Open Gym 5:00-9:00am		Church Service 6am-1:30pm
	Open Gym 6:30-8:00am	Boot Camp 8:45-9:45am	Open Gym 6:30-8:00am	Boot Camp 8:45-9:45am		Cardio Drumming 9:00-9:45am	
	Power Flow 8:00-9:00am		Power Flow 8:00-9:00am				
	Open Gym 9-9:30am		Open Gym 9-9:30am				
	Pickleball 9:30-11:30am	Pickleball 9:45-11:30am	Pickleball 9:30-11:30am	Pickleball 9:45-11:30am	Pickleball 9:45-11:30am		
	Open Gym 11:30am-5:30pm	Open Gym 11:30am-1:00pm	Open Gym 11:30am-5:30pm	Open Gym 11:30am-1:00pm	Open Gym 11:30am-7:00pm	12:30-4p Western Ohio United Soccer Rental	Open Gym 1:30-3:45pm
		Delay the Disease 1:00-2:00pm		Delay the Disease 1:00-2:00pm			
Open Gym 2:00-5:30pm		Open Gym 2:00-5:30pm					
Cardio Drumming 5:30-6:30pm	Power Plus 5:30-6:30pm	Cardio Drumming 5:30-6:30pm	Power Plus 5:30-6:30pm				Pickleball 4-6pm
Cardio Kickboxing 6:30-7:30pm	Open Gym 6:30-7pm	Abs/Core 6:30-7:00pm	Adult Volleyball 6:30-8pm	Open Gym 4-5p			
Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm	Open Gym 7:00-9:00pm	Open Gym 8:00-9:00pm	Pickleball 7:00-9:00pm	Open Gym 24hr access only	Open Gym 6pm-24hr access only	

During no school days gym may be used for our licensed childcare program between 3 to 5 pm.

YOUTH GUIDELINES:
Children age 9 and under must be accompanied by an adult unless participating in a scheduled program.

Schedule subject to change based on YMCA events or rentals

Please note: During Open Gym times the gym cannot be used by one individual/group

Gym is available to members only with 24 hour access during non staffed times.
