

Sidney-Shelby County YMCA SCHAUER GYM SCHEDULE

Building SUNDAY **MONDAY TUESDAY THURSDAY FRIDAY** SATURDAY WEDNESDAY Must have **Staffed** 5:00am-5:00am-5:00am-5:00am-5:00am-8:00am-24 hour 9:00pm 9:00pm 9:00pm 5:00pm 9:00pm 9:00pm Hours access Open Gym Open Gym 5-5:30am 5-5:30am Open Gym Open Gym 5:00-8:45am 5:00-8:45am Open Gvm 5:00-9:00am Open Gym Open Gym Open Gym The Valley 6:30-8:00am 6:30-8:00am 8:00am-8:30am Church Service **Boot Camp Power Flow Power Flow Boot Camp** 6am-1:30pm 8:00-9:00am 8:45-9:45am 8:00-9:00am 8:45-9:45am **Cardio Drumming** Cardio Drumming 9:00-9:45am 8:30-9:20am Open Gym Open Gym 9-9:30am 9-9:30am Pickleball Pickleball **Pickleball Pickleball** Pickleball 9:30-11:30am 9:45-11:30am 9:30-11:30am 9:45-11:30am 9:45-11:30am Open Gym Open Gym 11:30am-1:00pm 11:30am-1:00pm ONE WEEK Open Gym 1:30-**EACH** 3:45pm Open Gym Open Gym **Delay the Disease Delay the Disease** MONTH 11:30am-5:30pm 11:30am-5:30pm Open Gym Open Gym 1:00-2:00pm 1:00-2:00pm WHITTIER 11:30am-7:00pm 9:30am-5pm PRE-Open Gym Open Gym SCHOOL 2:00-5:30pm 2:00-5:30pm **WILL USE** THE GYM **Pickleball Cardio Drumming Power Plus Cardio Drumming** Cardio Kickboxing 4-6pm 5:30-6:30pm 5:30-6:30pm 5:30-6:30pm 5:30-6:30pm **FROM** 9:30AM-Nerf War Dec Cardio Kickboxing Open Gym Abs/Core 10:30AM 20th ONLY 6:30-7:30pm 6:30-7pm 6:30-7:00pm 9_{pm} AND FROM 1:10PM-Nerf War 7:15-8p Open Gym 6pm-2:10PM Pickleball **Pickleball** Open Gvm 24hr Open Gym Open Gvm 24hr access 7:30-9:00pm 7:00-9:00pm 8:00-9:00pm 7:00-9:00pm access only Open Gym only 8-9p

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 prgram.

Schedule subject to chage 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.