



# 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-1:00pm	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-1pm	
	Open Gym 6:30-8:00am	Boot Camp 8:45-9:30am	Open Gym 6:30-8:00am	Boot Camp 8:45-9:30am	Cardio Drumming 9:00-9:30am	Open Gym 8:00am-1pm		
	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 9:30-11:30am	Pickleball 9:30-11:30am	Pickleball 9:30-11:30am	Pickleball 9:30-11:30am			
	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			
		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					
Cardio Kickboxing 6:30-7:30pm	Open Gym 6:30-7pm	Abs/Core 6:30-7:00pm	Dance Blast 6:30-7:30pm					
Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm	Open Gym 7:00-9:00pm	Open Gym 7:30-9:00pm	Pickleball 7:00-9:00pm				
								Open Gym 8:30p-24hr

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