



Sidney-Shelby County YMCA

SCHAUER GYM SCHEDULE

Building Staffed Hours	MONDAY 5:00am-9:00pm	TUESDAY 5:00am-9:00pm	WEDNESDAY 5:00am-9:00pm	THURSDAY 5:00am-9:00pm	FRIDAY 5:00am-9:00pm	SATURDAY 8:00am-5:00pm	SUNDAY Must have 24 hour access
<p>One Week Each Month Whittier Pre-SCHOOL Will Use The Gym From: 9:30AM-10:30AM And From: 1:10PM-2:10PM</p> <p>Whittier Weeks 2025</p> <p>Jan. 13-16 Feb. 10-13 Mar. 10-13 Apr. 7-10</p>	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	Open Gym 8:00am-8:15am	The Valley 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	Cardio Drumming 8:15-9:20am	
	Power Flow 8:00-9:00am		Power Flow 8:00-9:00am				
	Open Gym 9-9:30am	Open Gym 9-9:30am	Open Gym 9-9:30am	Open Gym 9-9:30am	Open Gym 9-9:30am	Open Gym 9-9:30am	
	Pickleball 9:45-11:30am	Pickleball 9:45-11:30am	Competitive Pickleball 9:45-11:30am	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	Open Gym 9:30am-5pm	
		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	PowerPlus 5:30-6:00pm	Cardio Drumming 5:30-6:30pm	PowerPlus 5:30-6:00pm			
	Cardio Kickboxing 6:30-7:30pm		Abs/Core 6:30-7:00pm	DanceBlast 6:15-7:05pm			
Open Gym 7:30-9:00pm	Volley Ball 6:30-8:30pm	Pickleball 7:00-9:00pm	Pickleball 7:15-9:00pm	Soccer 6:30-8:30pm	Open Gym 24hr access only	Open Gym 6pm-24hr access only	

During no school days gym may be used for our licensed childcare

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

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