

OCTOBER 2025 GYM SCHEDULE

MARYSVILLE YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym 5 a.m.—8 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym 5 a.m.—8 a.m.	Open Gym 5 a.m.—8 a.m.				
6 a.m.									
7 a.m.		Open Gym/Pickleball (Half Court) 7–8 a.m.		Open Gym/Pickleball (Half Court) 7–8 a.m.	Open Gym/ Pickleball (Half Court) 7–8 a.m.				
8 a.m.		Pickleball 8 a.m.—11 a.m.	Chair Yoga with Leah 9:15 a.m.—10:30 a.m.	Pickleball 8 a.m.—11 a.m.	Pickleball 8 a.m.—10:15 a.m.	Open Gym 7 AM–5 PM Gym Closed 10/4 & 10/25 10 AM – 2 PM			
9 a.m.	Chair Yoga with Leah 9:15 a.m.—10:30 a.m.						Open Gym & AOA (50+) BBA (Half Court) 10:30 a.m.–12 p.m.	Open Gym/Pickleball (Half Court) 11 a.m.–12 p.m.	Open Gym & AOA (50+) BBA (Half Crt) 10:30 a.m.–12 p.m.
10 a.m.									
11 a.m.	Open Gym & AOA (50+) BBA (Half Court) 10:30 a.m.–12 p.m.	Open Gym/Pickleball (Half Court) 11 a.m.–12 p.m.	Open Gym & AOA (50+) BBA (Half Court) 10:30 a.m.–12 p.m.	Open Gym/Pickleball (Half Court) 11 a.m.–12 p.m.					
12 p.m.	Forever Fit with Connie 12:15–1:15 p.m.		Forever Fit with Connie 12:15–1:15 p.m.		Forever Fit with Connie 12:15–1:15 p.m.				
1 p.m.									
2 p.m.	Open Gym 1:30–4:30 p.m.		Open Gym 1:30–4:30 p.m.		Open Gym 12–9 p.m.	Open Gym 1:30 –4:30 p.m.	SUNDAY		
3 p.m.	Drop-in Beginner Pickleball (Half Court) 1:30–3:15 p.m. Families Welcome	Open Gym 12–9 p.m.	Drop-in Beginner Pickleball (Half Court) 1:30–3:15 p.m. Families Welcome	Open Gym 10 a.m.—5 p.m.					
4 p.m.							Drop-in Beginner Pickleball (Half Court) 10:15 a.m.–12:15 p.m. Families Welcome		
5 p.m.	Gym Closed for Tae Kwon Do 4:30–9 p.m.			Gym Closed for Tae Kwon Do 4:30–9 p.m.		Gym Closed for Youth Sports 4:45–9 p.m.	Drop-in Volleyball (Half Court) 12:30–3 p.m.		
6 p.m.									
7 p.m.									

PLEASE CHECK THE YMCA SNO CO APP FOR THE MOST
UP-TO-DATE INFORMATION

Open Gym is for basketball play, laps, agility training, and other workout activities that allow for multi-use by other members & does not use fixed equipment, i.e. nets or soccer goals.