

# JANUARY 2026 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 7:00– 8:30am  <

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.