

JANUARY 2026 GYM SCHEDULE

MARYSVILLE YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 a.m.						
6 a.m.		Open Gym 5 a.m.—8 a.m.		Open Gym 5 a.m.—8 a.m.	Open Gym 5 a.m.—8 a.m.	
7 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym/Pickleball (Half Court) 7-8 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym/Pickleball (Half Court) 7-8 a.m.	Open Gym/Pickleball (Half Court) 7-8 a.m.	
8 a.m.						Open Gym 7:00— 8:30am
9 a.m.	Chair Yoga with Leah 9:15 a.m.—10:30 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.	
10 a.m.	Open Gym & AOA (50+) BBall (Half Court) 10:30 a.m.—12 p.m.		Open Gym & AOA (50+) BBall (Half Court) 10:30 a.m.—12 p.m.		Open Gym & AOA (50+) BBall (Half Crt) 10:30 a.m.—12 p.m.	Gym Closed 8:30— 5pm
11 a.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.						SUNDAY
2 p.m.	Open Gym 1:30-4:30 p.m.	Open Gym 12-4:30 p.m.	Open Gym 1:30-4:30 p.m.	Open Gym 12-4:30 p.m.	Open Gym 1:30-4:30 p.m.	Open Gym 10 a.m.—5 p.m.
3 p.m.	Drop-in Beginner Pickleball (Half Court) 1:30-3:15 p.m.		Drop-in Beginner Pickleball (Half Court) 1:30-3:15 p.m.			Drop-in Beginner Pickleball (Half Court) 10:15 a.m.— 12:15 p.m.
4 p.m.	Families Welcome		Families Welcome			Families Welcome
5 p.m.						
6 p.m.	Gym Closed for Tae Kwon Do 4:30-9 p.m.	Gym Closed for Youth Sports 4:30-9 p.m.	Gym Closed for Tae Kwon Do 4:30-9 p.m.	Gym Closed for Youth Sports 4:30-9 p.m.	Gym Closed for Youth Sports 4:30-9:00 p.m.	Drop-in Volleyball (Half Court) 12:30-3 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.