



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPT-OCT GYM SCHEDULE

\*\*SEPTEMBER 24 - OCTOBER 28\*\*

SUN	MON	TUES	WED	THUR	FRI	SAT
	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	5:30-7:00 FITNESS CLASSES	
	7:00-11:30 ADULT	7:00-1:30 ADULT	7:00-11:30 ADULT	7:00-1:30 ADULT	7:00-11:30 ADULT	8:30-4:45 OPEN GYM
	11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES		11:30-1:30 ADULT B-BALL PICK-UP GAMES	
12:00-4:00 OPEN GYM	1:30-5:30 OPEN GYM	1:30-2:30 HOMESCHOOL		1:30-5:30 OPEN GYM		
4:00-6:00 YOUTH SPORTS		2:30-5:30 OPEN GYM	1:30-8:15 OPEN GYM		1:30-8:15 OPEN GYM	
	5:30-9:00 ADULT V-BALL	5:30-7:30 YOUTH SPORTS		5:30-7:30 YOUTH SPORTS		
	8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 ADULT	8:15-8:45 ADULT	YMCA CLOSSES AT 5:00 PM

- The gym closes 15 minutes before building closes.
- The Gym is closed to youth after 8:15pm, M-TH
- Youth not allowed in the building until 1:30pm, M-F unless participating in a youth program, or in possession of a Teen Training Pass.

**SHADED SECTIONS ARE RESERVED FOR THOSE PARTICIPATING IN THE LISTED EVENT**

Superior Douglas County Family YMCA  
9 N 21st Street, Superior, WI 54880  
715-392-5611  
www.superiorymca.org

Contact **Jon Reimer** at [jreimer@superiorymca.org](mailto:jreimer@superiorymca.org) for any specific gym scheduling questions you might have.

**HALF Gym rentals are available upon request.**