



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# JULY GYM SCHEDULE

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	
	7:00-8:30 SUMMER CAMP	7:00-8:30 SUMMER CAMP	7:00-8:30 SUMMER CAMP	7:00-8:30 SUMMER CAMP	7:00-8:30 SUMMER CAMP	
	8:30-11:30 ADULT	8:30-1:30 ADULT	8:30-11:30 ADULT	8:30-1:30 ADULT	8:30-11:30 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	
12:00-4:45 OPEN GYM	1:30-4:00 OPEN GYM	1:30-4:00 OPEN GYM	1:30-4:00 OPEN GYM	1:30-4:00 OPEN GYM	1:30-4:00 OPEN GYM	
YMCA CLOSSES AT 5:00 PM	4:00-5:30 SUMMER CAMP	4:00-5:30 SUMMER CAMP	4:00-5:30 SUMMER CAMP	4:00-5:30 SUMMER CAMP	4:00-5:30 SUMMER CAMP	YMCA CLOSSES AT 5:00 PM
	5:30-8:15 OPEN GYM	5:30-8:15 OPEN GYM	5:30-8:15 OPEN GYM	5:30-8:15 OPEN GYM	5:30-8:15 OPEN GYM	
	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	

- 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](http://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.**