



East End Gym Schedule

March 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Shaded Areas Indicates program times where gym is closed.</p> <p>Bolded Programs Indicates walking track can be used during this program.</p> <p>Family Open For children and a parent, guardian or other adult family member.</p> <p>Open Gym Ages 12 and older. Ages 10 and under may use gym if directly supervised by a parent or guardian.</p> <p>Pickleball Registration required, 4 people to a court. Players must bring their own paddles.</p>	5:00-10:00 Y CLOSED	5:00-8:15am Open Gym	5:00-9:15 Open Gym	5:00-8:00 Open Gym	5:00-8:15 Open Gym	5:00-8:15 Open Gym	6:00-8:15 Open Gym
		8:30-9:15 Silver Sneakers Classic	9:30-10:15 Homeschool Gym	8:00-8:45 Total Body Circuit	8:30-9:15 Silver Sneakers Chair Yoga	8:30-9:15 Silver Sneakers Classic	8:30 - 9:30 Beginner Pickleball Class
		9:30-10:15 Silver Sneakers Classic	10:30-11:15 Silver Sneakers Circuit	9:30-10:15 Silver Sneakers Classic	9:30-10:15 Silver Sneakers Circuit	9:30-10:15 Silver Sneakers Classic	9:30-11:00 Pickleball Full Court 11:00-12:00 Half Court
		10:45-12:45 Pickleball	11:30-2:30 Family Gym	10:45-12:45 Pickleball	10:30-2:30 Family Gym	10:45-12:45 Pickleball	11:30-12:30 Advanced Acro
	10:00-3:45 Open Gym	1:00-2:30 Family Gym	2:30-4:30 Child Care	1:00-2:30 Open Gym			12:30-2:30 Family Gym
		2:30-4:30 Child Care	4:30-5:15 Family Gym	2:30-4:30 Child Care	2:30-4:30 Child Care	1:00-2:30 Family Gym	2:30-5:45 Open Gym
		5:15-6:00 All Sports Ages 4 to 7		5:00-5:45 Youth Basketball Ages 5 to 9	5:00-6:00 Youth Volleyball Ages 8 to 14	2:30-4:30 Child Care	
	Y CLOSED At 4 PM	5:15-6:00 Beginning Tumbling	5:30-7:30 Pickleball	6:00-6:45 Youth Basketball Ages 10 to 13	6:00-6:45 Soccer Skills Ages 5 to 9	4:45-6:45 Family Gym	
		6:00-6:45 Intermediate Tumbling		6:45-7:30 Flag Football Ages 7 to 13	6:45-7:30 Soccer Skills Ages 10 to 14		Y CLOSED At 6 pm
		7:00-8:45 Open Gym	7:45-8:45 Open Gym	7:30-8:45 Open Gym	7:45-8:45 Open Gym	6:45 -8:45 Open Gym	