 **East End Gym Schedule**

**July 2025**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Shaded Areas**  Program times when gym is closed  **Bolded Programs**  Indicates walking track can be used  **Family Open**  For children and an adult family member.  **Open Gym**  Ages 12 and older. Ages 10 and under may use gym if supervised by a parent/guardian  **Pickleball**  Registration required | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Y CLOSED** | 5:00-8:15am  **Open Gym** | 5:00-10:15  **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** |  | 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** |  | 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  **(10:30 setup)** | 10:30-2:30 **Family Gym** | 10:45-12:45  Pickleball  (10:30 setup) | 10:30-2:30  **Family**  **Gym** | 10:45-12:45  Pickleball  (10:30 setup) |  |
| 1:00-2:30  **Family**  **Gym** | 2:30-4:30  Child Care | 1:00-2:30  **Open Gym** | 1:00-2:30  **Family**  **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 | 2:30-4:30  Child Care | 2:30-3:45  **Open Gym** |
| 4:30-6:00  **Family Gym** | 5:00-5:45  Youth Basketball  Ages 5 to 9 | 4:30-6:00  **Family Gym** | 4:45-7:15  **Family**  **Gym** |
|  | 5:30-7:30  Pickleball  (5:15 setup) | 6:00 – 6:45  Youth Basketball  Ages 10-13 |  |  |
| 6:15-8:45  **Open Gym** | 7:45-8:45  **Open Gym** | 7:00-8:45  **Open Gym** | 6:00-8:45  **Open Gym** | 7:15 -8:45  **Open Gym** | **Y CLOSED**  **At 4 pm** |