 **East End Gym Schedule**

 **July 2025**

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| **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 – 9:30Beginner 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 PickleballFull Court 11:00-12:00 Half Court |
| 10:45-12:45Pickleball**(10:30 setup)** | 10:30-2:30 **Family Gym** | 10:45-12:45Pickleball(10:30 setup) | 10:30-2:30**Family** **Gym** | 10:45-12:45 Pickleball(10:30 setup) |  |
| 1:00-2:30**Family** **Gym** | 2:30-4:30Child Care |   1:00-2:30 **Open Gym** | 1:00-2:30**Family** **Gym** |  12:30-2:30 **Family****Gym** |
| 2:30-4:30Child Care | 4:30-5:15**Family Gym** | 2:30-4:30Child Care | 2:30-4:30Child Care | 2:30-4:30Child Care |  2:30-3:45 **Open Gym** |
| 4:30-6:00**Family Gym** | 5:00-5:45Youth BasketballAges 5 to 9 | 4:30-6:00**Family Gym** | 4:45-7:15**Family** **Gym** |
|  | 5:30-7:30Pickleball (5:15 setup) | 6:00 – 6:45Youth BasketballAges 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** |