



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

CANSLER FAMILY Y

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
6:00-7:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7:00-8:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
8:00-9:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed
9:00-10:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed
10:00-11:00a	Open Gym	Sertoma Center (Gym Closed)	Open Gym	Sertoma Center (Gym Closed)	Open Gym	Open Gym	Closed
11:00-12:00p	Silver Sneakers Classic (Gym Closed)	Silver Sneakers Cardio (Gym Closed)	Silver Sneakers Classic (Gym Closed)	Silver Sneakers Cardio (Gym Closed)	Strength and Movement (Gym Closed)	Open Gym	Closed
12:00-1:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1:00-2:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2:00-3:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Full Court Pick Up Games
3:00-4:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Full Court Pick Up Games	Full Court Pick Up Games
4:00-5:00p	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym
5:00-6:00p	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym	Open Gym	Closed
6:00-6:15p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
6:15-7:30p	Open Gym	Open Gym	Boot Camp	Open Gym	Open Gym	Closed	Closed
7:30-8:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
8:00-9:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed

Open Gym = Free-play, gym sharing time. All members and guests must **share** the court and allow others space to play
Full Court = Pick-up style games where teams may use full court. Full court games take priority over all free play

