



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00AM				
5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM				
6:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00AM				
6:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:30AM				
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM				
7:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30AM				
8:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:00AM				
8:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:30AM				
9:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00AM				
9:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:30AM				
10:00AM	Full Court Bball	Summer Camp	Summer Camp	Open Gym	Summer Camp	Summer Camp	Open Gym	10:00AM				
10:30AM				Open Gym			Open Gym	Open Gym	Open Gym	10:30AM		
11:00AM	Open Gym			Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	11:00AM	
11:30AM	Open Gym			Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	11:30AM	
12:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM				
12:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30PM				
1:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM				
1:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM				
2:00PM	Open Gym	Summer Camp	Summer Camp	Open Gym	Summer Camp	Summer Camp	Open Gym	2:00PM				
2:30PM	Open Gym			Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	2:30PM	
3:00PM	Open Gym			Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM
3:30PM	Open Gym			Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30PM
4:00PM		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)		4:00PM				
4:30PM		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)	4:30PM			
5:00PM		Adult Bball (HS-Adult)	Bball Skills Lvl 1	Grit Plyo	Adult Bball (HS-Adult)	TRX Bootcamp		Adult Bball (HS-Adult)	5:00PM			
5:30PM		Adult Bball (HS-Adult)			Adult Bball (HS-Adult)			Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	5:30PM		
6:00PM		Adult Bball (HS-Adult)	Bball Skills Lvl 2	Zumba	Adult Bball (HS-Adult)	Body Combat		Adult Bball (HS-Adult)	6:00PM			
6:30PM		Adult Bball (HS-Adult)			Adult Bball (HS-Adult)			Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	6:30PM		
7:00PM		Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Family Bball	Adult Bball (HS-Adult)	Full Court Bball 7:00-8:45pm		Adult Bball (HS-Adult)	7:00PM			
7:30PM		Adult Bball (HS-Adult)			Adult Bball (HS-Adult)			Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	7:30PM		
8:00PM		Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)		Adult Bball (HS-Adult)	8:00PM			
8:30PM	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	8:30PM					

Schedule is subject to change without notice and for special events. Please see the fitness schedule for class times. In the case of inclement weather or special events, the Sage YMCA Summer Camp may require additional gym space and times. Additionally, outdoor fitness classes and special programming may be required to move indoors and use gym space in the case of poor outdoor conditions. The YMCA's outdoor tennis and basketball courts are available for member use most evenings and weekends.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00AM	
5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM	
6:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00AM	
6:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:30AM	
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM	
7:30AM	COMBAT	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Cross Training	7:30AM	
8:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		8:00AM	
8:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		8:30AM	
9:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Heavy Rope & Kettlebell Bootcamp	Bolly X	9:00AM	
9:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			9:30AM	
10:00AM	Full Court Bball	Open Gym	Open Gym	Open Gym	Open Gym	Strength Foundat.	Sport Tots	10:00AM	
10:30AM		Open Gym	Open Gym	Open Gym	Open Gym			10:30AM	
11:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00AM	
11:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:30AM	
12:00PM	Open Volleyball 12-3:45pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM
12:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30PM
1:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM
1:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM
2:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:00PM
2:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30PM
3:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM
3:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30PM
4:00PM			Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)		4:00PM
4:30PM			Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)		4:30PM
5:00PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	5:00PM		
5:30PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	5:30PM		
6:00PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	6:00PM		
6:30PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	6:30PM		
7:00PM	Bolly X		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	7:00PM		
7:30PM	Family Bball		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	7:30PM		
8:00PM							8:00PM		
8:30PM						Full Court Bball 7:00-8:45pm		8:30PM	

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