



	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	Bootcamp	Open Gym	Bootcamp	Grit Plyo		5:30AM	
6:00AM		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	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	Body Combat	Open Gym		8:00AM	
8:30AM		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	Full Body Condit.	Zumba	Open Gym	Open Gym	Open Gym	9:30AM	
10:00AM	Full Court Bball	Open Gym			Open Gym	Open Gym	Open Gym	Open Gym	10:00AM
10:30AM		Open Gym	Open Gym	Zumba Gold	Open Gym	Strength Foundat.	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	Open Gym	11:30AM	
12:00PM	Open Volleyball 12-3:45pm	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	12:30PM	
1:00PM		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	1:30PM	
2:00PM		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	2:30PM	
3:00PM		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	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)	Full Court Bball 7:00-8:45pm	7:00PM		
7:30PM			Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)		7:30PM		
8:00PM	Family Bball		Family Bball	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	8:00PM			
8:30PM			Family Bball	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	8:30PM			

The whole gymnasium will be close on Sunday, July 23 and Sunday, August 6 for the Sage YMCA Corporate Challenge Fundraiser. 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, special events and fitness classes may require additional gym space and times. The YMCA's outdoor tennis and basketball courts are available for member use most evenings and weekends. The key to the outdoor courts is available for members to check out at the front desk.



	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	Summer Camp	Summer Camp	Summer Camp	Open Gym	10:00AM
10:30AM							Open Gym	10:30AM
11:00AM	Open Gym						11:00AM	
11:30AM	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	Summer Camp	Summer Camp	Summer Camp	Open Gym	2:00PM
2:30PM	Open Gym						Open Gym	2:30PM
3:00PM	Open Gym						Open Gym	3:00PM
3:30PM	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)	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)		5:30PM
6:00PM		Adult Bball (HS-Adult)	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)		6:30PM
7:00PM		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Full Court Bball 7:00-8:45pm
7:30PM		Adult Bball (HS-Adult)	Family Bball	Adult Bball (HS-Adult)	7:30PM			
8:00PM		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)	8:00PM			
8:30PM		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)	8:30PM			

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