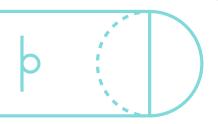
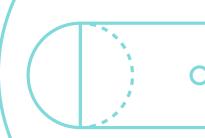
RULE THE COURT







GYMNASIUM SCHEDULE SEPTEMBER 2025

MONDAY

5:30am-6:30am **OPEN GYM***

YMCA Group Fit Class may use the Gym due to nclement weather outside

6:30am-8:45am **OPEN GYM**

8:45am-10:00am **YMCA GROUP FIT CLASS**

10:00am-10:20am **OPEN GYM**

10:20am-1:15pm **PICKLEBALL**

1:15pm-5:15pm **OPEN GYM**

5:15pm-6:30pm **YMCA GROUP FIT** CLASS

6:30pm-9:45pm **OPEN GYM**

Full Court use $permitted\,after\,7\,PM$ if snace allows

TUESDAY

5:30am-6:30am **OPEN GYM***

YMCA Group Fit Class may use the Gym due to nclement weather outside

6:30am-10:00am **OPEN GYM**

10:00am-11:00am **HALF GYM***

YMCA Youth Program will use half Gym for Homeschool P.E.

11:00am-11:45am **OPEN GYM**

11:45am-2:00pm **HALF GYM***

YMCA Small Group Personal Training will use ront half of the Gymnasiun

2:00pm-9:45pm **OPEN GYM**

Full Court use permitted after 7 PM if space allows

WEDNESDAY

5:30am-6:30am **YMCA GROUP FITNESS**

6:30am-8:45am **OPEN GYM**

CLASS

8:45am-10:00am **YMCA**

GROUP FIT CLASS

10:00am-10:20am **OPEN GYM**

10:20am-1:15pm **PICKLEBALL**

1:15pm-7:00pm **OPEN GYM**

7:00pm-9:00pm **GYM CLOSED**

9:00pm-9:45pm **OPEN GYM**

THURSDAY

5:30am-6:30am **OPEN GYM***

YMCA Group Fit Class may use the Gym due to nclement weather outside

6:30am-10:00am **OPEN GYM**

10:00am-11:00am **HALF GYM***

YMCA Youth Program will use half Gym for Homeschool P.E.

11:00am-11:45am **OPEN GYM**

11:45am-1:15pm **HALF GYM***

YMCA Small Group Personal Training will use ront half of the Gymnasiur

1:15pm-5:15pm **OPEN GYM**

5:15pm-6:30pm **YMCA GROUP FIT CLASS**

6:30pm-9:45pm **OPEN GYM**

FRIDAY SATURDAY

YMCA

GROUP

FITNESS

CLASS

6:30am-8:00am

OPEN GYM

8:00am-10:15am

YMCA

GROUP FIT

CLASS

10:20am-1:15pm

PICKLEBALL

1:15pm-9:45pm

OPEN GYM

Full Court use

permitted after 7 PM

if space allows

5:30am-6:30am 7:00am-6:00pm **OPEN GYM** Full Court use permitted after 4 PM

OPEN GYM Full Court use permitted after 4 PM if space allows if space allows

SUNDAY

1:00pm-6:00pm

OPEN GYM REGULATIONS -

All members under 8 years old must be actively supervised by an adult present in the gym. Gym is to be shared amongst all users for basketball or open play. Full court play is only available as indicated on the schedule. Please follow all rules as posted in the gymnasium.

- YMCA PROGRAMS -

Times are reserved for scheduled YMCA programs or rentals. The Y reserves the right to use the gym for Y programs or events with or without notice, although we strive to provide at as much notice as possible.



PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee