

# RULE THE COURT



## GYMNASIUM SCHEDULE OCTOBER 2025

### MONDAY

5:30am-6:30am  
**OPEN GYM\***  
-----  
YMCA Group Fit Class  
may use the Gym due to  
inclement 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 space allows

### TUESDAY

5:30am-6:30am  
**OPEN GYM\***  
-----  
YMCA Group Fit Class  
may use the Gym due to  
inclement 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  
front half of the Gymnasium

3:30pm-5:00pm  
-- **NAVY** --  
**FIRST TUESDAY**

5:00pm-9:45pm  
**OPEN GYM**  
Full Court use  
permitted after 7 PM  
if space allows

### WEDNESDAY

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

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-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  
inclement 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  
front half of the Gymnasium

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

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

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

### FRIDAY

5:30am-6:30am  
**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

### SATURDAY

7:00am-8:45am  
**OPEN GYM**

8:45am-11:00am  
**YMCA YOUTH  
SPORTS  
PROGRAMS**

11:00am-5:45pm  
**OPEN GYM**  
Full Court use  
permitted after 4 PM  
if space allows

### SUNDAY

1:00pm-5:45pm  
**OPEN GYM**  
Full Court use  
permitted after 4 PM  
if space allows

#### - 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.

#### - YMCA PROGRAMS - OR OUTSIDE GROUP USAGE

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 advanced notice.



# PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee