



# Schedule at a Glance - Ron Edwards Family YMCA

## September 8, 2025 to December 21, 2025

MONDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 600-530	600-730 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							7:30-900 Lane Swim
8:30 AM							
9:00 AM	HIT 9:15-1000						AquaFit 9:15-1000
9:30 AM	Muscle Fit 10:15-1100		Yoga 10:15-11:45				
10:00 AM							
10:30 AM	Walk Fit 11:15-1200						
11:30 AM						Open Courts 600-530	Lane Swim 10:30-200
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:30 PM			Balance + 1:00-200				
1:00 PM	Pickleball 1:00-300						Open Swim 200-300
1:30 PM							
2:00 PM							300-400 Community Rental
2:30 PM							
3:00 PM							400-530 Community Rental
3:30 PM	Open Basketball 3:15-430						
4:00 PM				Community Rental 345-545			
4:30 PM						League 530-830	Swim Lessons Whirlpool and Sauna Closed 5:45-730
5:00 PM	Little Tumblers 4-7 YRS 5:00-5:45		Back to Living Well 5:30-6:30				
5:30 PM	Soccer LVL 1 6-12 YRS 6:00-7:00						
6:00 PM							
6:30 PM	Soccer LVL 2 6-12 YRS 7:00-8:00	CycleFit Train 7:00-7:45 *Seasonal	BodyFit 7:00-7:45				AquaFit High Intensity 7:30-8:10
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Pick UP Basketball 8:30-9:30 Full Court						8:15-9:15 Community Rental
9:00 PM							
9:30 PM							

THURSDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 600-530	600-730 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15-1000	Cycle Fit 9:15-1000					Lane Swim 7:30-1:00
9:30 AM			Gentle Fit 10:15-11:00				
10:00 AM							
10:30 AM							
11:00 AM						Open Courts 600-530	
11:30 AM	Healthy Hearts 11:30-1200						
12:00 PM			Healthy Hearts 12:30-1:00				
12:30 PM							Hydrotherapy 1:15-200
1:00 PM							
1:30 PM			Cognitive Groove 1:30-2:30				
2:00 PM	Open Basketball 1:00-4:30			HealthyHearts Education 1:00-4:00 Every other month			Lane Swim 2:30-3:30
2:30 PM							
3:00 PM							
3:30 PM							Community Rental 400-530
4:00 PM						League 530-830	
4:30 PM							
5:00 PM	Dodgeball 8-13 YRS 5:00-6:00		Karate FUND 6-12 YRS 5:00-5:45				Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
5:30 PM				Community Rental 530-700			
6:00 PM	Dodgeball 8-13 YRS 6:00-7:00		Karate FUND 6-12 YRS 6:00-6:45				
6:30 PM							
7:00 PM	Zumba 7:15-8:15		Karate 13-16 YRS Teen/Advanced 7:00-7:45				Lane Swim 1/2 Adult and H2O Lessons 1/2 7:45-9:15
7:30 PM							
8:00 PM							
8:30 PM	Open Basketball 8:30-9:30						
9:00 PM							
9:30 pm							

TUESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 600-530	600-730 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15-1000	Cycle Fit 9:15-1000					Lane Swim 7:30-1:00
9:30 AM							
10:00 AM	Low Impact 10:15-11:00		Gentle Fit 10:15-11:00				
10:30 AM							
11:00 AM	Healthy Hearts 11:30-1200					Leauge 530-700	
11:30 AM							
12:00 PM			Healthy Hearts 12:30-1:00				
12:30 PM							
1:00 PM			Cognitive Groove 1:30-2:30				Hydrotherapy 1:15-200
1:30 PM	Homeschool Program 6-12 YRS 1:30-3:00						
2:00 PM							Lane Swim 2:30-3:30
2:30 PM							
3:00 PM							Community Rental 400-530
3:30 PM	Open Basketball 3:15-4:30						
4:00 PM						Open Courts 7:00-930	
4:30 PM							
5:00 PM	Soccer LVL 1 3-5YRS 5:00-5:45		Community Rental 5:30-700	Zumba Kids JR 4-7 YRS 5:00-5:45			Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
5:30 PM							
6:00 PM	Floor Hockey 6-12 YRS 6:00-7:00	TRX 6:00-7:00		Zumba 8-12 YRS 6:00-6:45			
6:30 PM							
7:00 PM			Yoga 7:00-8:30				
7:30 PM	Zumba 7:15-8:15						Lane Swim 7:45-9:15 Triathlon 1 Lane 7:30-8:00
8:00 PM		Triathlon 8:00-8:30					
8:30 PM	Open Basketball 8:30-9:30						
9:00 PM							
9:30 PM							

FRIDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 600-930	600-730 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Muscle Fit 9:15-1000		Line Dancing 9:15-1000				AquaFit 9:15-1000
9:30 AM							
10:00 AM	Low Impact 10:15-11:00		Yoga 10:15-11:45				
10:30 AM							
11:00 AM						Open Courts 600-930	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Pickleball 12:00-3:00						Lane Swim 10:30-2:30
1:30 PM							
2:00 PM							
2:30 PM							Open Swim 2:30-3:30
3:00 PM							
3:30 PM							
4:00 PM						Open Courts 600-930	Community Rental 400-700
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Open Basketball 3:15-930						
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 pm							

WEDNESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 600-530	600-730 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							7:30-9:00 Lane Swim
8:30 AM							
9:00 AM	20/20/20 9:15-10:15						AquaFit 9:15-1000
9:30 AM							
10:00 AM			Chair Yoga 10:15-11:00				
10:30 AM							
11:00 AM	Walk Fit 11:15-12:00					Open Courts 600-530	Lane Swim 10:30-2:00
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each			In Motion Education 12:00-1:00			
12:30 PM							
1:00 PM	Pickleball 1:00-3:00		Balance + 1:00-200				Open Swim 2:00-3:00
1:30 PM							
2:00 PM							3:00-4:00 Community Rental
2:30 PM							
3:00 PM							4:00-5:30 Community Rental
3:30 PM	Open Basketball 3:15-530						
4:00 PM						League 530-830	Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
4:30 PM							
5:00 PM				Community Rental 345-700	Art Sparks 3-5 YRS 5:00-5:45		
5:30 PM			Back to Living Well 5:30-6:45		Art Sparks 6-12 YRS 6:00-7:00		
6:00 PM	Sports Adventure 6-12 YRS 6:00-7:00				YLD 7:00-8:00		
6:30 PM							
7:00 PM		Cycle Fit 7:00-7:45	Muscle Fit 7:00-7:45				Aqua Zumba 7:30-8:10
7:30 PM							
8:00 PM			Pilates/Yoga 8:00-8:45				
8:30 PM	Open Pick UP Basketball 8:00-9:30 Full Court						8:15-9:15 Community Rental
9:00 PM							
9:30 PM							

SATURDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM		TRX 8:15-9:00				Open Courts 800-1000	Lane Swim 8:00-9:15
8:30 AM				Community Rental 8:00-10:15			
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle Fit 9:15-10:00					
9:30 AM							
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00	Core Fit 10:15-11:00			Brain Builders 6-12 YRS 10:00-11:00		Swim Lessons Whirlpool and Sauna Closed 9:30-1:00
10:30 AM			Zumba 10:30-11:30				
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15				Brain Builders 3-5 YRS 11:15-12:00		
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM						Open Courts 12:00-530	Family Swim 1:15-3:00
1:30 PM	Birthday Parties 1:00-3:00			Birthday Parties 1:00-3:00			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Open Basketball 3:00-5:15						Lane Swim 3:15-5:15
4:00 PM							
4:30 pm							
5:00 pm							
5:30 pm							

SUNDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM						Open Courts 800-400	Lane Swim 800-9:15
8:30 AM							
9:00 AM	Karate FUND 6-12 YRS 9:00-9:45		Yoga 9:15-10:15				
9:30 AM		Endurance CycleFit 9:30-11:00 *Seasonal*	Strong Nation 10:30-11:15				
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						
10:30 AM							
11:00 AM	Karate 10-16 YRS Teen/Advanced 11:00-11:45			Advance Aquatics 11:00-1:00			Swim Lessons Whirlpool and Sauna Closed 9:30-1:00
11:30 AM							
12:00 PM							
12:30 PM	Open Basketball 12:00-3:45						
1:00 PM							
1:30 PM							
2:00 PM							Advance Aquatics 1:15-2:45
2:30 PM							
3:00 PM							
3:30 PM						Open /Lane Swim 2:45-3:45	
4:00 PM							