



Schedule at a Glance - Ron Edwards Family YMCA

January 5, 2026 to March 29, 2026

MONDAY								TUESDAY								WEDNESDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL		GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL		GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM								6:00-7:30								6:00-7:30								
6:30 AM								Community Rental								Community Rental								
7:00 AM								7:30-9:00								7:30-9:00								
7:30 AM								Lane Swim								Lane Swim								
8:00 AM																								
8:30 AM																								
9:00 AM	HIT																							
9:30 AM	9:15-10:00																							
10:00 AM	MuscleFit																							
10:30 AM	10:15-11:00																							
11:00 AM	WalkFit																							
11:30 AM	11:15-12:00																							
12:00 PM	Open Pickleball and Basketball																							
12:30 PM	12:15-1:00 ½ Gym each																							
1:00 PM																								
1:30 PM	Pickleball	1:00-3:00																						
2:00 PM																								
2:30 PM																								
3:00 PM																								
3:30 PM																								
4:00 PM																								
4:30 PM																								
5:00 PM	Little Tumblers 4-7 YRS	5:00-5:45																						
5:30 PM	Soccer LVL 1 6-9 YRS	6:00-7:00																						
6:00 PM	Back to Living Well	5:30-6:30																						
6:30 PM																								
7:00 PM	Soccer LVL 2 10-12 YRS	7:00-8:00																						
7:30 PM	Cycle Fit Train	7:00-7:45	*Seasonal*																					
8:00 PM																								
8:30 PM																								
9:00 PM	Open Pick Up Basketball	8:30-9:30																						
9:30 PM																								
THURSDAY								FRIDAY								SATURDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL		GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL		GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM								6:00-7:30								6:00-7:30								
6:30 AM								Community Rental								Community Rental								
7:00 AM								7:30-9:00								7:30-9:00								
7:30 AM								Lane Swim								Lane Swim								
8:00 AM																								
8:30 AM																								
9:00 AM	BodyFit	9:15-10:00																						
9:30 AM	Cycle Fit	9:15-10:00																						
10:00 AM																								
10:30 AM																								
11:00 AM																								
11:30 AM	Healthy Hearts	11:30-12:00																						
12:00 PM																								
12:30 PM	Open Basketball	1:00-4:30																						
1:00 PM																								
1:30 PM																								
2:00 PM																								
2:30 PM																								
3:00 PM																								
3:30 PM																								
4:00 PM																								
4:30 PM																								
5:00 PM																								
5:30 PM	Karate FUND 6-12 YRS																							