



# GYM SCHEDULES– JULY 2024

BASKETBALL COURT #1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	7:00am-12:30pm Open Gym	10:00am-12:00pm Open Gym
7:30am-9:30am Pickleball Social Play	7:30am-9:30am Pickleball Advanced/Intermed.	7:30am-9:30am Pickleball Social Play	7:30am-9:30am Pickleball Advanced/Intermed.	7:30am-9:30am Pickleball Social Play		
9:30am-12:00pm Pickleball Intermed/Beginner	9:30am-12:00pm Pickleball Intermed/Beginner	9:30am-12:00pm Pickleball Intermed/Beginner	9:30pm-12:00pm Pickleball Intermed/Beginner	9:30am-12:00pm Pickleball Intermed/Beginner	12:30pm-2:30pm Pickleball Social Play	
12:00pm-7:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00-7:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00-7:30pm Open Gym	2:30-3:00pm Open Gym	12:00-3:30pm Women's League
7:00pm-9:30pm HS Boys League	5:00pm-9:30pm Women's League	7:00pm-9:30pm HS Boys League	5:00pm-9:30pm Women's League			

BASKETBALL COURT #2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am Open Gym	5:00am-5:00pm Open Gym	5:00am-10:00am Open Gym	5:00am-5:00pm Open Gym	5:00am-10:00am Open Gym	7:00am-3:00pm Open Gym	10:00am-12:00pm Open Gym
9:15am-9:45am Cardio Walk & Fit						
10:00am-10:45am Zumba Gold Toning		10:00am-10:45am Zumba Gold		10:00am-10:45am Zumba Gold		
10:40am-7:00pm Open Gym		10:45am-7:00pm Open Gym				
7:00pm-9:30pm HS Boys League	5:00pm-9:30pm Women's League	7:00pm-9:30pm HS Boys League	5:00pm-9:30pm Women's League	10:45am-7:30pm Open Gym		12:00pm-3:30pm Women's League

**\*\* Schedule Subject to Change w/out Notice. Please check our Facebook Page Daily @BlairRegionalYMCA \*\***

**GYM CLOSURES/UPDATES DUE TO SPECIAL EVENTS:**

All other Land Fitness Classes are held in the Stuckey Room. Please see the Land Fitness Schedule for more information.

Revolutions Classes will be held in Court 3 during the summer.

Friday, Karate: 5:00-7:00pm (Stuckey Room)

DISCLAIMER: There may be additional gym rentals that were reserved after the making of this schedule.

BASKETBALL COURT #3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:30am Spin-Kathleen  6:30am-9:00pm Gymnastics	5:45am-6:30am Spin-Rick (No class 7.2, 7.16)		5:45am-6:30am Spin-Rick (No class 7.18)	5:45am-6:30am Spin-Dianne (No class 7.5)	7:45am-8:45am Torque & Burn-Jen	11:15am-12:00pm Spin & Sculpt-Kathy (No class 7.21, 7.28)
		6:00am-6:45am Spin-Dianne	8:00am-8:45am Spin-Cammy (No class 7.25)	11:00am-11:45 20/20-Kathy (No class 7.26)		
		6:45am-9:00pm Gymnastics	8:30am-9:00pm Gymnastics	8:30am-7:30pm Gymnastics		
	10:00am-4:30pm Gymnastics		4:30pm-5:30pm Pedal & Press-Deena			
	4:30pm-5:30pm Pedal & Press-Deena					

**THE BLAIR REGIONAL YMCA IS CLOSED THURSDAY, JULY 4TH**