



HEALTHY LIVING – BLAIR REGIONAL YMCA

GYM SCHEDULE – AUGUST 2025

BASKETBALL COURT #1						
5:00A-9:00P	5:00A-9:00P	5:00A-9:00P	5:00A-9:00P	5:00A-7:30P	7:00A-3:00P	10:00A-4:00P
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-4:00pm 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	12:30-2:30pm Pickleball Social Play	
12:00pm-9:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00-7:00pm Open Gym		
	5:00pm-9:30pm Women's League (Ends August 5 th)		5:00pm-9:30pm Women's League (Ends August 7 th)			
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-4:00pm Open Gym
9:15am-9:45am Cardio Walk & Fit		10:00am-10:45am Zumba Gold		10:00am-10:45am Zumba Gold		
10:00am-10:45am Zumba Gold Toning						
10:45am-9:00pm Open Gym						
	5:00pm-9:30pm Women's League (Ends August 5 th)					

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

GYM CLOSURES/UPDATES DUE TO SPECIAL EVENTS:

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

All other Land Fitness Classes are held in the Stuckey Room (Community Room 1). Please see the Land Fitness Schedule for more information.

Revolutions Classes are held in Court 3 for June / July / August

BASKETBALL COURT #3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am Kathleen (No Class 8.18)	5:45-6:30am Stacy	6-6:45am Dianne	5:45-6:30am Stacy	5:45-6:30am Dianne	7:45-8:45am Torque & Burn Jen (No class 8.2, 8.16)	9-9:45AM (Pop-Up Spin Class) 8.16 & 8.30 Deena
6:30am-4:30pm Gymnastics	6:30am-4:30pm Gymnastics		6:30am-4:30pm Gymnastics	9-9:30am Power Spin Kathy (LAST Class 8.15)		11:15-12pm Spin & Sculpt Kathy (No Class 8.24)
4:30-5:30pm Pedal & Press Deena	4:30-5:30pm Pedal & Press Deena		4:30-5:30pm Pedal & Press Deena (No Class 8.7)	10:15-11:15am Cycling Barre Jo (No Class 8.22)		
5:30-9:00pm Gymnastics	5:30-9:00pm Gymnastics	6:45am-9:00pm Gymnastics	5:30-9:00pm Gymnastics	11:15am-7:30pm Gymnastics	9:45am-3:00pm Gymnastics	12:00-4:00pm Gymnastics