



Fox Valley Family YMCA Gym Schedule Fall 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
4:30am	Opens at 5am	Opens at 5am	Opens at 5am	Opens at 5am	Opens at 5am	YMCA Opens at 7am	YMCA Opens at 9am		
5:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am				
6:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00am									
8:00am									
9:00am									
10:00am									
11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym				
12 Noon	Noon Basketball Noon-2:30pm MEMBERS ONLY	Open Gym	Noon Basketball Noon-2:30pm MEMBERS ONLY	Open Gym	Noon Basketball Noon-2:30pm MEMBERS ONLY			Open Gym	
1:00pm									
2:00pm	Open Gym		Open Gym		Open Gym				Open Gym
3:00pm									
4:00pm									
5:00pm		Open Gym							
6:00pm	GYM CLOSED	GYM CLOSED	GYM CLOSED	Adult Volleyball	GYM CLOSED	YMCA Closed at 6pm			
7:00pm									
8:00pm				Open Gym			GYM CLOSED		GYM CLOSED
9:00pm	Closed at 9pm	Closed at 9pm	Closed at 9pm	Closed at 9pm					

Circumstances may require that adjustment be made to programs, fee, schedules, etc. The YMCA reserves the right to make any such adjustment.

Please allow time for programs to set up and take down equipment. Soccer/Football practice may be held indoors during inclement weather.

Reminder: Camps will be occupying the gym during daytime hours throughout the summer. **MEMBERS ONLY IN THE GYM AFTER 4 PM**