



PAV YMCA SPRING SESSION I GYM SCHEDULE 02/16/26-04/12/26

(Subject to change. Schedules available on our website pavymca.org or our DAXKO app.)

CLASSES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym Times <i>South Gym</i>	Open Gym (South) 8:00a-2:45p	Open Gym (South) 6:00a-8:45p	Open Gym (South) 6:00a-6:00p	Open Gym (South) 6:00a-3:45p 6:00p-8:45p	Open Gym (South) 6:00a-4:00p	Open Gym (South) 6:00a-8:45p	Open Gym (South) 7:00a-8:30a 11:15a-2:45p
Open Gym Times <i>North Gym (Rock climbing wall side)</i>	Open Gym (North) 9:15a-2:45pm	Open Gym (North) 6:00a-8:15a 10:45a-5:45p 7:15p-8:45p	Open Gym (North) 6:00a-9:15a 10:45a-6:00p	Open Gym (North) 6:00a-8:15a 10:45a-5:45p 7:15p-8:45p	Open Gym (North) 6:00a-8:15a 10:45a-6:30p	Open Gym (North) 6:00a-9:15p 10:45a-8:45p	Open Gym (North) 7:00a-8:30a 11:15a-11:55a
Group Exercise (16yrs+) <i>Classes are held in the North Side of the Gym.</i>	Indoor Cycling 8:00a-9:00a	Club Remix 8:30a-9:15a		Club Remix 8:30a-9:15a	Club Remix 8:30a-9:15a		Karate Unlimited 8:45a-11:00a Full Gym
Karate Unlimited <i>(Contact Karate Unlimited for registration)</i>		Boot Camp 9:30a-10:30a	Cardio Blast 9:30a-10:30a	Boot Camp 9:30a-10:30a	Interval Training 9:30a-10:30a	Cardio Blast 9:30a-10:30a	
AFTERNOON PROGRAMS							
Youth Programs		Strength & Tone 6:00p-7:00p		Little Kickers Soccer 4:00p-4:35p (Ages 5-6) S. Gym	Volleyball Clinic 4:15p-5:15p (Ages 7-10) S. Gym		Little Ballers Basketball 11:45a-12:20p (Ages 5-6) N. Gym
Sports Events (Full Gym)			Open Volleyball 6:30p-9:00p Free to members; \$8 per guest	Soccer Clinic 4:45p-5:45p (Ages 7-10) S. Gym	Volleyball Clinic 5:30p-6:30p (Ages 11-14) S. Gym		Basketball Clinic 12:30p-1:30p (Ages 7-10) N. Gym
				Soccer Clinic 4:45p-5:45p (Ages 7-10) S. Gym	Co-Ed Adult Volleyball League 7:00p-10p		Basketball Clinic 1:45pm-2:45p (Ages 11-14) N. Gym
				Strength & Tone 6:00p-7:00p			

**PLEASE NOTE: There is a 15 minute window reserved before/after each class for equipment setup/breakdown.

⇒ Sports Clinic drop-in fee: \$20/\$25. Please see the Front Desk for details.