



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL SESSION I GYM SCHEDULE (8/31-10/25/2026)*

PAV YMCA

*SUBJECT TO CHANGE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLASSES:	Morning Programs						
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-6:45p	Open Gym South 6:00a-3:45p 7:15-8:45p	Open Gym South 6:00a-4:00p	Open Gym South 6:00a-8:45p	Open Gym South 7:00a-8:45a 11:15a-2:45p
Open Gym Times <i>North Gym</i> (Rock Climbing wall Side)	Open Gym North 8:00a-2:45p	Open Gym North 6:00a-8:45p	Open Gym North 6:00a-6:45p	Open Gym North 6:00a-5:45p 7:15-8:45p	Open Gym North 6:00a-6:00p	Open Gym North 8:00a-2:45p	Open Gym North 8:00a-2:45p
Karate Unlimited Contact Karate Unlimited to register.							Karate Unlimited 8:45a-11:00a Full Gym
Group Exercise (16+yrs) Held on the North Gym	Club Remix 9:30a-10:30a North Gym	Bootcamp 9:30a-10:30a North Gym	Cardio Blast 9:30a-10:30a North Gym	BootCamp 9:30a-10:30a North Gym	Interval training 9:30a-10:30a North Gym	Cardio Blast 9:30a-10:30a North Gym	Zumba 9:30a-10:30a North Gym
Youth Programs (5-14yrs)	Afternoon Programs						
Adult CoEd Leagues (18+yrs)		Strength & Tone 6:00p-7:00p North Gym	Home School Gym/Swim 12:00-2:00p (ages 6-16) N.Gym/Pool	Strength & Tone 6:00p-7:00p North Gym	Home School Gym/Swim 12:00-2:00p (ages 6-16) N.Gym/Pool		Little Ballers Basketball 11:45a-12:20p (ages 5-6) N.Gym
All Silver Sneakers, Chair Yoga and Water Arthritis classes are for ages 55+. All other GX classes are for ages 16+.				Little Kickers Soccer 4:00-4:35p (ages 5-6) S.Gym	Volleyball Clinics 4:15-5:15p (ages 7-10) S.Gym		Basketball Clinics 12:30-1:30p (ages 7-10) N.Gym
				Soccer Clinics 4:00-4:35p (ages 7-10) S.Gym	Volleyball Clinics 4:15-5:15p (ages 11-14) S.Gym		Basketball Clinics 1:45-2:45p (ages 11-14) S.Gym
			Adult CoEd Basketball League 7:00p-10:00p	Soccer Clinics 4:00-4:35p (ages 11-14) S.Gym	Adult CoEd Volleyball League 7:00p-10:00p		