



# Pay YMCA Winter Session Gym Schedule 01/05/2026 - 02/15/2026 (SUBJECT TO CHANGE)

PROGRAMS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING PROGRAMS								
Open Gym Times South Gym	Open Gym (South) 8:00am-2:45pm	Open Gym (South) 6:00am-8:45pm	Open Gym (South) 6:00am-6:00pm	Open Gym (South) 6:00am-3:45pm 6:45pm-8:45pm	Open Gym (South) 6:00am-4:30pm	Open Gym (South) 8:00am-8:45pm	Open Gym (South) 7:00am-8:45am 11:15am-2:45pm	
Open Gym Times North Gym (Rock climbing wall side)	Open Gym (North) 8:00am-2:45pm	Open Gym (North) 6:00am-8:15am 10:45am-5:45pm 7:15pm-8:45pm	Open Gym (North) 6:00am-9:15am 10:45am-6:00pm	Open Gym (North) 6:00am-8:15am 10:00am-5:45pm 7:15pm-8:45pm	Open Gym (North) 6:00am-8:15am 10:45am-6:30pm	Open Gym (North) 6:00am-9:15am 10:45am-8:45pm	Open Gym (North) 7:00am-7:45am 11:15am-11:45am	
Group Exercise (16yrs+)		Club Remix 8:30am-9:15am North Gym		Club Remix 8:30am-9:15am North Gym	Club Remix 8:30am-9:15am North Gym		Interval Training 8:30am-9:30am North Gym	
Karate Unlimited (Contact Karate Unlimited for registration)		Boot Camp 9:30am-10:30am North Gym	Cardio Blast 9:30am-10:30am North Gym	Boot Camp 9:30am-10:30am North Gym	Interval Training 9:30am-10:30am North Gym	Cardio Blast 9:30am-10:30am North Gym	Karate Unlimited 8:45am-11:00am Full Gym	
EVENING PROGRAMS								
Youth Programs (Classes will be located In the South Gym unless noted otherwise)			Open Volleyball 6:30pm-9:00pm Full Gym FREE to members; \$8 per Guest	Little Kickers (3-5yrs) 4:00pm-4:35pm Youth Soccer (6-9yrs) 4:45pm-5:30pm Youth Soccer (10-13yrs) 5:45pm-6:30pm	Youth Volleyball (6-9yrs) 4:45pm-5:30pm Youth Volleyball (10-13yrs) 5:45pm-6:30pm		Little Ballers (3-5yrs) 12:15pm-12:45pm Youth Basketball (6-9yrs) 1:00pm-1:45pm Youth Basketball (10-13yrs) 2:00pm-2:45pm North Gym	
Sports Events		Strength & Tone 6:00pm-7:00pm North Gym		Strength & Tone 6:00pm-7:00pm North Gym	Co-Ed Volleyball League 7:00pm-10:00pm Full Gym Jan 29 - April 16			

Schedules available on our website [payymca.org](http://payymca.org) or our DAXKO app for further information.

\*Please note: There is a 15 minute window reserved before/after each class for equipment setup/breakdown.