



Pav YMCA

## GYM SCHEDULE

(SUBJECT TO CHANGE)

### SUMMER SESSION

6/9/2025-8/17/2025\*

**\*Gym closes at:  
8:45p Mon-Fri  
& 2:45p Sat-Sun**

\*Facility will be closed on Friday, 7/4 for Independence Day.

\*Please note, Mon/Wed/Thurs Club Remix classes begin in July.

<b>GX CLASSES*</b>	
<b>KARATE UNLIMITED</b>	
<b>LEAGUES/EVENTS</b>	
<b>OPEN GYM</b>	
<b>YOUTH PROGRAMMING*</b>	
<b>PICKLEBALL</b>	
<b>SUMMER CAMP</b>	

North & South Courts are available during select times only. There will be LIMITED OPEN GYM availability during camp, School's Out Days, blood drives, Group Exercise classes, sports programming, or during any other scheduled event.

**\*PLEASE NOTE: There is a 15 minute window reserved before/after each Youth Programming and Group Exercise class for equipment setup/ breakdown.**

	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
6:00 AM							
6:15 AM		Open Gym S. Gym 6-9:15a	Open Gym N. Gym 6-8:15a	Open Gym S. Gym 6-9:15a	Open Gym N. Gym 6-9:15a	Open Gym S. Gym 6-9:15a	
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p	<b>GX Class Indoor Cycle N. Gym 8-9a*</b>					
8:15 AM			<b>GX Class Club Remix* N. Gym 8:30-9:15a*</b>		<b>GX Class Club Remix* N. Gym 8:30-9:15a*</b>	<b>GX Class Club Remix* N. Gym 8:30-9:15a*</b>	
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM		Open Gym N. Gym 9:15a-12p	Summer Camp S. Gym 9:15a-4p	Summer Camp S. Gym 9:15a-4p	Summer Camp S. Gym 9:15a-4p	Summer Camp S. Gym 9:15a-4p	Summer Camp S. Gym 9:15a-4p
9:30 AM			<b>GX Class Boot Camp N. Gym 9:30-10:30a*</b>	<b>GX Class Cardio Blast N. Gym 9:30-10:30a*</b>	<b>GX Class Boot Camp N. Gym 9:30-10:30a*</b>	<b>GX Class Interval Training N. Gym 9:30-10:30a*</b>	<b>GX Class Cardio Blast N. Gym 9:30-10:30a*</b>
9:45 AM							
10:00 AM			Open Gym N. Gym 10:45a-5:45p	Open Gym N. Gym 10:45a-8:45p	Pickleball N. Gym 11a-1p	Open Gym N. Gym 10:45a-6:30p	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM		<b>Little Ballers N. Gym 12:15-12:45p*</b>					
1:00 PM			<b>Youth Basketball N. Gym 1-1:45p</b>				
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM			<b>Youth Basketball N. Gym 2-2:45p</b>				
2:30 PM							
2:45 PM*							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM		Open Gym S. Gym 4-8:45p	Open Gym S. Gym 4-8:45p	Little Kickers S. Gym 4-4:30p*	S. Gym 4-4:30p	Open Gym S. Gym 4-8:45p	
4:15 PM				<b>Youth Soccer S. Gym 4:30-5:15p</b>	<b>Youth Soccer S. Gym 5:15-6p*</b>		
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM			<b>GX Class Strength &amp; Tone N. Gym 6-7p*</b>	Open Gym S. Gym 6:15-8:45p	<b>GX Class Strength &amp; Tone N. Gym 6:15-7:15p*</b>	Volleyball League North & South Gyms 6:30-10p	
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
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7:45 PM							
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8:15 PM							
8:30 PM							
8:45 PM*							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							

\*CLOSES AT 2:45P \*CLOSES AT 8:45P \*CLOSES AT 2:45P

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>GX CLASSES</b>	<b>8-9a*</b>	<b>9:30-10:30a/6-7p*</b>	<b>9:30-10:30a*</b>	<b>9:30-10:30a/6:15-7:15p*</b>	<b>9:30-10:30a*</b>	<b>9:30-10:30a*</b>	<b>8-9a*</b>
<b>KARATE UNLIMITED</b>	-	-	-	-	-	-	<b>8:45-11a</b>
<b>LEAGUES/EVENTS</b>	-	-	-	-	-	-	-
<b>OPEN GYM</b>	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
<b>YOUTH PROGRAMMING</b>	<b>12:15-12:45p/1-1:45p/2-2:45p</b>	-	-	<b>3:45-4p/4-4:30p/4:30-5:15p/5:15-6p*</b>	<b>4:30-4:45p/4-4:45p/5:30p/5:45-6:30p</b>	-	<b>12:15-12:45p/1-1:45p/2-2:45p</b>
<b>PICKLEBALL</b>	-	9:15a-4p	9:15a-4p	11a-1p	-	11a-1p	-
<b>SUMMER CAMP</b>	-			9:15a-4p	9:15a-4p	9:15a-4p	-

\*Indicates there is a 15 minute window reserved for equipment setup/takedown for Youth Programming and Group Exercise classes.