



NORTH GYM SCHEDULE

Feith Family Ozaukee YMCA

Fall 1 Session: September 3 - October 27, 2019

NORTH GYM

To serve our members, we do our best to have at least one gym open for general use. The only time a gym is closed is during the specific program times listed below.

Monday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 8:50am	OPEN GYM
9:00am - 9:30am	Pee Wee Gym*
9:35am - 10:30am	OPEN GYM
10:30am - 11:15am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm - 3:30pm	Adult Open Pickleball 18+
3:30pm - 4:45pm	OPEN GYM
4:45pm - 6:15pm	Cheer Stars*
6:15pm - 10:00pm	OPEN GYM

Tuesday	
5:00am - 9:45am	OPEN GYM
10:00am - 10:45am	Sporties for Shorties*
10:50am - 11:30am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 2:30pm	OPEN GYM
2:30pm - 3:15pm	4K Phy. Ed./ECC
3:15pm - 6:10pm	OPEN GYM
6:15pm - 7:15pm	Ninja Gym*
7:20pm - 10:00pm	OPEN GYM

Wednesday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 9:35am	OPEN GYM
9:45am - 10:30am	Ninja Gym*
10:45 - 11:30am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm-3:30pm	Adult Open Pickleball 18+
3:30pm-5:05pm	OPEN GYM
5:15pm - 6:00pm	Sporties for Shorties*
6:05pm - 10:00pm	OPEN GYM

Thursday	
5:00am - 9:20am	OPEN GYM
9:30am - 10:15am	Sporties for Shorties*
10:30am - 11:15am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Open Basketball 16+
1:15pm - 4:15pm	OPEN GYM
4:30pm - 5:30pm	Sports Fusion*
5:45pm - 6:45pm	Ninja Gym*
6:50pm - 10:00pm	OPEN GYM

Friday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 8:30am	OPEN GYM
8:45am - 9:30am	Ninja Gym*
9:45am - 10:30am	Sports Fusion/3X the Fun*
10:40 - 11:20am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm - 3:30pm	Adult Open Pickleball 18+
3:30pm - 9:00pm	OPEN GYM

Saturday	
6:00am - 8:45am	OPEN GYM
9:00am - 10:45am	Soccer Mini Clinic*
11:00am - 12:00pm	Flag Football Mini Clinic*
12:05pm - 6:00pm	OPEN GYM

Sunday	
7:00am - 1:30pm	OPEN GYM
1:30pm - 3:30pm	Adult Open Volleyball
3:30pm - 4:00pm	OPEN GYM

- **The Gym schedules are subject to change.**
- **Classes with prior registration needed are denoted with an asterisk (*).**
- **Day Passes:**
 Guests are welcome to pay for daily passes at the Welcome Desk. Guests 18 years and older must present a photo ID card. Rates are subject to change.
 Youth = \$7
 Adult = \$10
 Senior = \$9
 Family = \$15



SOUTH GYM SCHEDULE

Feith Family Ozaukee YMCA

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SOUTH GYM

To serve our members, we do our best to have at least one gym open for general use. The only time a gym is closed is during the specific program times listed below.

Monday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Open Basketball 16+
7:00am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm - 3:30pm	Adult Open Pickleball 18+
3:30pm - 6:00pm	OPEN GYM
6:00pm - 7:00pm	BodyPump
7:00pm - 10:00pm	OPEN GYM

Tuesday	
5:00am - 8:55am	OPEN GYM
8:55am - 9:50am	BodyCombat
9:50am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Open Basketball 16+
1:15pm - 6:45pm	OPEN GYM
6:55pm - 7:55pm	BodyCombat
7:55pm - 10:00pm	OPEN GYM

Wednesday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Open Basketball 16+
7:00am - 9:00	OPEN GYM
9:00am - 9:45am	BodyPump
9:45am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm - 3:30pm	Adult Open Pickleball 18+
3:30pm - 6:00pm	OPEN GYM
6:00pm - 7:00pm	BodyPump
7:00pm - 10:00pm	OPEN GYM

Thursday	
5:00am - 8:55am	OPEN GYM
8:55am - 9:50am	BodyCombat
10:00am - 10:45am	Strength and Core
10:45am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Open Basketball 16+
1:15pm - 10:00pm	OPEN GYM

Friday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Open Basketball 16+
7:00am - 9:50am	OPEN GYM
9:50am - 10:35am	Zumba Gold
11:30am - 1:15pm	Adult Open Basketball 16+
1:20pm - 3:30pm	Adult Open Pickleball 18+
3:30pm - 9:00pm	OPEN GYM

Saturday	
6:00am - 8:10am	OPEN GYM
8:10am - 9:10am	BodyCombat
9:15am - 6:00pm	OPEN GYM

Sunday	
7:00am - 4:00pm	OPEN GYM

- **The Gym schedules are subject to change.**
- **Classes with prior registration needed are denoted with an asterisk (*).**
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