



GYM SCHEDULE - Fall 2 - 2025

YMCA OF THE NORTHWOODS: October 27th - December 22nd

Updated
10/27/2025

This schedule is
subject to change.
If there is no
scheduled program
or reservation the
gym is open to use.

The Y has the right
to make changes to
the schedule at
anytime and move
any program into
the Gym at anytime.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	8:00AM	8:00AM
							7:00AM HIIT				
							8:00AM				
8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball		
10:00AM	10:00AM			10:00AM	10:00AM			10:00AM	10:00AM		
						10:00AM Head Waters 11:00AM					
12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		1:30PM Head Waters 3:00PM		12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		2:00PM	2:00PM
	4:00PM										
	Youth Soccer										
	5:00PM										
6:00PM Adult Volleyball League	6:00PM Adult Volleyball League							6:00PM			
8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	Teen Night 8:00PM		

Sunday	
WEST	EAST
1:00PM	1:00PM
5:00PM	5:00PM

SCHOOL OUT DAYS-SOD
When school is cancelled, the
WEST GYM will be used from
9:00-10:00AM for SOD program.
pickleball will be reduced to the
EAST GYM when this occurs.
SOD dates are: Nov 26-28.
The After School Program will
take priority of the West Gym
(3PM-4:15PM) pending weather.