



GYM SCHEDULE - FALL 2026

YMCA OF THE NORTHWOODS: September 14 - November 1

Updated
8/27/2026

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.

****NO ONE UNDER THE AGE OF 18 PERMITTED IN THE BUILDING AFTER OPERATING HOURS (6 AM to 8 PM Monday-Friday/ 8 AM to 2 PM Saturday / 1 PM to 5PM Sundays. PLEASE PLAN ACCORDINGLY FOR LEAGUE GAMES.****

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEST	EAST	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	8:00 AM	8:00AM	1:00 PM	1:00 PM
			7:30 AM Stretching				7:30 AM Stretching						
8:00AM Open Basketball	8:00AM Open Basketball		8:30 AM	8:00AM Open Basketball	8:00AM Open Basketball		8:30 AM	8:00AM Open Basketball	8:00AM Open Basketball				
10:00AM	10:00AM			10:00AM	10:00AM		10:30 AM	10:00AM	10:00AM				
							Pre Sports						
							11:00 AM			2:00PM	2:00PM		
			3:45 PM Basketball Youth 4:45 PM						4:00 PM Youth Soccer 4:55 PM			5:00 PM	5:00 PM
					5:00 PM					Main locker rooms close after 8 PM. Please plan accordingly for league play!			
6:00 PM Adult Volleyball League	6:00 PM Adult Volleyball League	6:00 PM Adult Volleyball League	6:00 PM Adult Volleyball League		Archery	6:00 PM Adult Basketball League	6:00 PM Adult Basketball League						
9:00 PM	9:00 PM	9:00 PM	9:00 PM		5:55 PM	9:00 PM	9:00 PM						



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE — FALL 1