

MARSHALL AREA YMCA GYM SCHEDULE

Fall 2020



The YMCA reserves the right to limit group sizes based on CDC guidance due to the ongoing pandemic

North Court

Monday

Women's Pick Up Games 5:00 AM—7:00 AM
Open Gym 7:00 AM-8:00 PM

Tuesday

Men's Pick Up Games 5:00 AM—7:00 PM
Open Gym 7:00 AM-8:00 PM

Wednesday

Women's Pick up Games 5:00 AM—7:00 AM
Open Gym 7:00 AM-8:00 PM

Thursday

Men's Pick Up Games 5:00 AM—7:00 AM
Open Gym 7:00 AM-8:00 PM

Friday

Women's Pick up Games 5:00 AM—7:00 AM
Open Gym 7:00 AM-8:00 PM

Saturday

Open Gym 7:00 AM—3:00 PM

Sunday

Open Gym Noon—4:00 PM

South Court

Monday—Friday

Group Exercise 5:30-6:30 AM
Campus Connection 1:00 PM-3:00 PM

Monday

Barre 5:30 PM-6:30 PM
BODYPUMP 6:30 PM-7:30 PM

Tuesday

F.I.T. 12:15 PM-12:45 PM
RPM 5:30 PM-6:30 PM
F.I.T. 6:30 PM-7:00 PM

Wednesday

BODYPUMP 8:30 AM-9:30 AM
BODYCOMBAT 5:30 PM-6:30 PM

Thursday

F.I.T. 12:15 PM-12:45 PM

Saturday

RPM 7:30 AM-8:30 AM
Barre 8:30 AM-9:30 AM

Sunday

Group Exercise 12:15 PM-1:15 PM

OPEN GYM

Whenever there is not a program, event or previously scheduled activity. Pickleball is available when gym usage is low.

Kid's Gym available in 1 hour reservation blocks

Monday—Friday 8:00 AM-12:00 PM, 6:00 PM-8:00 PM

Saturday 10:00 AM-3:00 PM

Sunday 12:00 PM-4:00 PM

Create your account at <https://marshallareaymca.motionvibe.com>