

the Y GYM SCHEDULE - Spring 2021
YMCA OF THE NORTHWOODS: APRIL 12, 2021 - MAY 30, 2021

RESERVATIONS
REQUIRED FOR
WALKING LANES
AND GYM TIMES

MASKS REQUIRED IF
OVER THE AGE OF 5

TWO FAMILY LIMIT
PER GYM TIME SLOT

GYM EQUIPMENT
MUST BE BROUGHT
AS NO GYM
EQUIPMENT IS
AVAILABLE AT THIS
TIME

UPDATE:

3/25/2021

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST					
5:00AM	5:00AM	5:00AM	5:00AM	5:00AM	5:00AM	5:00AM	5:00AM	5:00AM	5:00AM					
PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL					
7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	7:15AM					
WALKING LANES / GYM TIME	7:25AM	7:25AM	7:30AM	7:25AM	7:30AM	WALKING LANES / GYM TIME	7:25AM	7:30AM	7:25AM	7:30AM	WEST	EAST		
	GROUP EX CLUB MOVES	3v3 BASKETBALL	GROUP EX STRETCHING	WALKING LANES / GYM TIME	GROUP EX CLUB MOVES		GROUP EX STRETCHING	GROUP EX CLUB MOVES	8:00AM	8:00AM				
	8:30AM		8:30AM	8:25AM	8:30AM		8:30AM	3v3 BASKETBALL	8:30AM	WALKING LANES / GYM TIME	GROUP EX HIIT			
				8:30AM						9:00AM	9:00AM			
	9:00AM		9:35AM	9:00AM	9:30AM		9:00AM	9:35AM	9:00AM	9:15AM	9:00AM			
	GROUP EX HIIT			GROUP EX HIIT	9:40AM		GROUP EX GLUTES & GUTS	GROUP EX HIIT	GROUP EX CYCLING	9:15AM	9:15AM			
	10:00AM	9:40AM	10:00AM		10:00AM		10:00AM							
				WALKING LANES / GYM TIME										
	10:30AM	WALKING LANES / GYM TIME	10:30AM	10:40AM	10:30AM		10:30AM	10:10AM	YOUTH VOLLEYBALL	YOUTH VOLLEYBALL				
	GROUP EX SENIOR FIT		10:45AM	GROUP EX SENIOR FIT	GROUP EX SENIOR CARDIO		GYM TIME							
11:45AM	11:30AM	11:45AM	11:30AM		11:30AM	11:45AM	11:30AM	11:45AM	11:50AM	12:00PM	12:00PM			
				12:00PM										
12:00PM	12:00PM	12:00PM	12:00PM		11:40AM	12:00PM	12:00PM	12:00PM	12:00PM					
PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL	WALKING LANES / GYM TIME	12:15PM	PICKELBALL	PICKELBALL	PICKELBALL	PICKELBALL					
					12:40PM									
2:15PM	2:15PM	2:15PM	2:15PM	2:20PM	1:15PM	2:15PM	2:15PM	2:15PM	2:15PM					
					2:00PM									
2:25PM	2:25PM	2:25PM	2:25PM	2:30PM	2:10PM	2:25PM	2:20PM	2:25PM	2:20PM					
WALKING LANES / GYM TIME	GYM TIME	WALKING LANES / GYM TIME	GYM TIME	SCHOOL AGE	GYM TIME	WALKING LANES / GYM TIME	GYM TIME	WALKING LANES / GYM TIME	GYM TIME	3:30PM	3:30PM			
3:05PM		3:05PM		3:30PM		3:05PM		3:05PM						
3:15PM		3:15PM		3:40PM		3:15PM		3:15PM						
SCHOOL AGE	3:25pm	SCHOOL AGE	PRESCHOOL	WALKING LANES / GYM TIME	4:45PM	SCHOOL AGE	SCHOOL AGE	SCHOOL AGE	SCHOOL AGE	3:45PM	3:45PM			
4:15PM	4:00pm	4:15PM				4:15PM		4:15PM				4:40PM	4:40PM	4:40PM
	YOUTH					SPORTS								
4:25PM	ARCHERY	4:25PM	4:45PM	WALKING LANES / GYM TIME		4:25PM	4:40PM	4:40PM	4:40PM					
	5:00PM				5:00PM	4:50PM	4:50PM	4:50PM						
					GROUP EX Abs	GYM TIME	4:50PM	4:50PM						
					5:30PM	5:45PM	5:45PM	5:45PM						
	5:30PM		5:30PM											
	GROUP EX STRONG NATION		GROUP EX ZUMBA		5:45PM	6:00PM	6:00PM	6:00PM						
	6:30PM		6:30PM		GROUP EX CYCLING	HS & ADULT ARCHERY	7:00PM	6:30PM						
					6:45PM			6:45PM						
	6:45pm		6:45PM											
	GYM TIME		ADULT VOLLEYBALL											
9:00PM	9:00PM	9:00PM	9:00PM	9:00PM	GYM TIME	9:00PM	GYM TIME	9:00PM	9:00PM	3v3 BASKETBALL				
					9:00PM		9:00PM							