



GYM SCHEDULE

ASHEVILLE YMCA
SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	5:30am-8:15am Open Gym	5:30am-9:15am Open Gym	5:30am-8:15am Open Gym	5:30am-9:15am Open Gym	5:30am-8:15am Open Gym	7:00am-9:15am Open Gym
	8:30am-9:30am Low Impact Fitness	Flex & Stretch 9:30am-10:20am	8:30am-9:30am Low Impact Fitness	Flex & Stretch 9:30am-10:20am	8:30am-9:30am Low Impact Fitness	
	Open Gym 9:40am- 10:20am		Open Gym 9:40am- 10:20am		Open Gym 9:40am- 10:20am	
	10:30-11:30am Zumba	10:30am-12:30pm Legends Basketball (30+)	10:30-11:30am Zumba	10:30am-12:30pm Legends Basketball (30+)	10:30-11:30am Zumba	9:30am-1:00pm Legends Basketball (30+)
	12:00-2:00pm All- Stars Basketball (50+)	12:30pm Pickleball Set up	12:00-2:00pm All- Stars Basketball (50+)	12:30pm Pickleball Set up	12:00-2:00pm All- Stars Basketball (50+)	
1:00-4:45pm Open Gym	2:00pm Pickleball Set up	12:45pm-2:45pm Pickleball	2:00pm Pickleball Set up	12:45pm-2:45pm Pickleball	2:00pm Pickleball Set up	
	2:15-4:15pm Pickleball		2:15-4:15pm Pickleball		2:15-4:15pm Pickleball	
		3:00pm-5:15pm Open Gym		3:00pm-5:15pm Open Gym		1:00-6:45pm Open Gym
			Open Gym 4:15pm - 5:15pm			
Closed	Open Gym 4:15pm - 8:45pm	5:30pm-6:15pm Athletic Conditioning Court 1 (weather dependent)	5:30pm-6:15pm Athletic Conditioning Court 1 (weather dependent)	5:30pm-6:15pm Athletic Conditioning Court 1 (weather dependent)	4:15-7:45pm Open Gym	
		6:30pm-8:45pm Open Gym	6:30pm-8:45pm Open Gym	6:30pm-8:45pm Open Gym		Closed
					Closed	

*Pickleball 2 V 2 play (4 to rotate in) please sanitize nets after use.

*All-Stars Basketball 50+ 5v5 half court basketball for those 50 years and older played to 1 goal. Ages will be checked upon check-in.

*Legends Basketball 30+ 5v5 half court basketball for those 30 years and older played to 1 goal. Ages will be checked upon check-in.

*Athletic Conditioning & Youth Basketball - Classes and youth leagues take precedence.

PLEASE REMEMBER THAT OUR GYM IS SHARED BY PROGRAMS, CLASSES, FAMILIES AND ALL OUR MEMBERS. ONE HALF OF THE COURT MUST REMAIN OPEN FOR "OPEN SHOOTING" DURING OPEN GYM, NO GAMES. THE GYM SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.

FACILITY HOURS:

Monday-Thursday 5:30am-9pm

Friday 5:30am-8pm

Saturday 7am - 7pm

Sunday 1pm-5pm

Welcome to The YMCA of WNC!