



May Gym Schedule

Schedule revised: 4/23

Asheville YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-8:15	Open Gym 5:30-8:15	Open Gym 5:30-8:15	Open Gym 5:30-8:15	Open Gym 5:30-8:15	CLOSED	CLOSED
Transition	Transition	Transition	Transition	Transition	Open Gym 7:00-9:30	
Low Impact Fitness 8:30-9:30	Flex And Stretch 8:30-9:30	Low Impact Fitness 8:30-9:30	Flex And Stretch 8:30-9:30	Low Impact Fitness 8:30-9:30		
Transition	Transition	Transition	Transition	Transition	Legends Basketball (30+) 9:30-1:30	Open Gym 11:00-4:45
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
Zumba 10:30-11:30	Legends Basketball (30+) 10:30-12:30	Zumba 10:30-11:30	Legends Basketball (30+) 10:30-12:30	Zumba 10:30-11:30		
All-Star Basketball (50+) 11:45-1:45 pm		Open Gym 12:30-1:45		All-Star Basketball (50+) 11:45-1:45 pm		
Transition	Transition	Transition	Transition	Transition	Open Gym 1:30-6:45	
Pickleball Set up	Pickleball Set up	Pickleball Set up	Pickleball Set up	Pickleball Set up		
Pickleball 2:15-4:15	Pickleball 2:15-4:15	Pickleball 2:15-4:15	Pickleball 2:15-4:15	Pickleball 2:15-4:15		
Transition	Transition	Transition	Transition	Transition	CLOSED	
Open Gym 4:30-5:15	Open Gym 4:30-8:45	Open Gym 4:30-5:15	Open Gym 4:30-8:45	Open Gym 4:30-8:45		
Athletic Conditioning Full Court 5:15-6:30		Athletic Conditioning Full Court 5:15-6:30				
Open Gym 6:30 - 8:45		Open Gym 6:30 - 8:45				

*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.**
