

# Danville Family YMCA

## August 2025 Gym Schedule

Monday (5a-9:00p)	Tuesday (5a-9:00p)	Wednesday (5a-9:00p)	Thursday (5a-9:00p)	Friday (5a-9:00)	Saturday (8a-6p)	Sunday (12p-5p)
5:00am – 10am Open Gym	5:00am – 8am Open Gym	5:00am – 10am Open Gym	5:00am – 8am Open Gym	5:00am – 12:00pm Open Gym	8:00am – 12:00pm Open Gym	12:00pm – 3:20pm Open Gym Half Court
10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	10:30am – 11:45am Line Dance	8:15am – 9:15am Cardio Conditioning	12:00pm – 3:00pm Open Gym Full Court	12:00pm – 3:00pm Open Gym Full Court	3:30pm – 4:45pm Open Gym Full Court
12:00pm – 3:00pm Open Gym Full Court	9:30am- 10:15am Open Gym	12:00pm – 5:45pm Open Gym	9:30am- 10:15am Open Gym	3:00pm – 6pm Open Gym Half Court	3:00pm – 5:45pm Open Gym Half Court	
3:00pm – 6:00pm Open Gym Half Court	10:30pm – 1pm Pickleball	5:45pm – 7:00pm Line Dance	10:30pm – 1pm Pickleball	6:00pm – 8:45pm Open Gym		
6:00pm – 8:45pm Open Gym	12:00pm – 3:00pm Open Gym Full Court	7:00pm-8:45pm <u>Adult Night</u> <u>Basketball</u> <u>(Must Be Member,</u> <u>Must Be at least 18)</u>	12:00pm – 3:00pm Open Gym Full Court			
	3:00pm – 6:00pm Open Gym Half Court		3:00pm – 6:00pm Open Gym Half Court			
	6:00pm – 8:45pm Open Gym		6:00pm – 8:45pm Open Gym			
						

**Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.**  
**During open gym the curtain can be lowered at any time to accommodate members as staff sees necessary.**  
**(If you have any questions please contact the Sports & Wellness Director Greg Hairston)**