

Danville Family YMCA

September 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.

September 3rd & 4th – The Gym will be closed for the Three Sisters Marathon Expo. Closed all day Thursday the 3rd, reopening at 6PM on Friday the 4th.

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)