



LANDING YMCA GYMNASIUM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

OPEN GYM
5:30 - 8am

OPEN GYM
5:30 - 8am

OPEN GYM
5:30 - 8am

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5:30 - 8am

OPEN GYM
5:30 - 8am

CLOSED

PICKLEBALL
8 - 9:45am

PICKLEBALL
8 - 10am

PICKLEBALL
8 - 12pm

PICKLEBALL
8 - 12pm

PICKLEBALL
8 - 9:45am

PICKLEBALL
8 - 11am

FOREVER FIT
10-11:00am

EXERCISE FOR PARKINSON'S
10 - 11am

THE BALANCE CLASS
11-11:30am

FOREVER FIT
10-11am

THE BALANCE CLASS
11-11:30am

OPEN GYM
11:30am - 2:30pm

OPEN GYM
11am - 1:30pm

GENTLE PICKLEBALL
12 - 1:30 PM
(Relaxed play with a focus on mobility and balance)

OPEN GYM
12 - 1:30pm

OPEN GYM
11:30am - 5pm

FAMILY OPEN GYM
11am -3pm

OPEN GYM
11 am -3pm

ROCK STEADY BOXING
1:30 - 2pm

OPEN GYM
12:30 - 2:30pm

ROCK STEADY BOXING
1:30 - 2pm

PICKLEBALL
2:30 - 4:45pm

OPEN GYM
2 - 3:30pm

PICKLEBALL
2 - 3:30pm

PICKLEBALL
2:30 - 4:30pm

PICKLEBALL
2-3:30PM

OPEN GYM
2 - 3:30pm

PICKLEBALL LESSONS
3:30-6:00PM

OPEN GYM
4:30-6:00PM

OPEN GYM
3:30 - 8PM

FAMILY OPEN GYM
3 - 5pm

OPEN GYM
6pm- 8pm

OPEN GYM
6:30 - 8PM

ADULT BASKETBALL LEAGUE
6:00-9:00PM

Open gym times can be used for basketball, pickleball and more