



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

Indianola YMCA

September 1<sup>st</sup> – September 30<sup>th</sup>

	Open Gym	Programming
<b>MONDAY</b>	5:00 - 8:30am 1:00-9:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30 (West Court) Pickleball 9:30 - 10:30am (East Court) Pickleball 10:30 - 11:25am (2 courts) Pick Up Basketball 11:30am - 1:00pm (2 courts)
<b>TUESDAY</b>	5:00 - 5:15am 6:00 - 8:30am 9:30 - 10:30am (East Court) 12:30- 6:30pm 6:30-7:00pm (East Court) 7:00-9:00pm	HEAT 5:15 - 6:00am HEAT 8:30 - 9:15am LPC 9:30 - 10:30am (West Court) Pickleball 10:30 - 12:30pm (2 courts) LPC 6:30 - 7:00pm (West Court)
<b>WEDNESDAY</b>	5:00 - 8:30am 1:00-9:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30 (West Court) Pickleball 9:30 - 10:30am (East Court) Pickleball 10:30 - 11:25am (2 courts) Pick Up Basketball 11:30am - 1:00pm (2 courts)
<b>THURSDAY</b>	5:00 - 5:15am 6:00 - 9:30am 9:30 - 10:30am (East Court) 12:30- 6:30pm 6:30-7:00pm (East Court) 7:00-9:00pm	Total Body Fit 5:15 - 6:00am LPC 9:30 - 10:30 (West Court) Pickleball 10:30 - 12:30pm (2 courts) LPC 6:30 - 7:00pm (West Court)
<b>FRIDAY</b>	5:00 - 8:30am 9:30 - 10:30am (East Court) 10:30 - 11:30am 3:00-8:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30am (West Court) Pick Up Basketball 11:30am - 1:00pm (2 courts) Pickleball 1:00 - 3:00pm (2 courts)
<b>Saturday</b>	7:00-9:00am 9:00-10:00am (West Court) 10:00-5:00pm	Youth Programming- 9:00-10:00am ( East Court) <b>*Starting September 14th</b>
<b>SUNDAY</b>	10:00am - 3:00 pm 3:00pm - 5:00 pm (West Court)	Pickleball 3:00 - 5:00pm (East Court)

**\*LPC Programs: If the scheduled time isn't being used, open gym will be allowed.**

**\*\* If LPC starts late, they have the right to their scheduled time, and open gym will be discontinued.**



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- **AOA-** Active Older Adults is designed for members who want to effectively learn how to use a variety of fitness formats that help to build strength cardiovascular fitness balance and flexibility but most of all have fun! You don't have to be an active older adult to take this class.
- **HEAT-** High Energy Aerobic Training is a great class if you like cardio conditioning along with a great strength workout. This is a more challenging training- inspired class with a sport warm-up followed by plyometric, body strength and running.
- **LPC-** The Learn and Play Center will be using part of the gym throughout the week. The staff uses this space to play games with the children signed into the Learn and Play Center.
- **Pickleball-** Pickleball is a fun cross between tennis badminton, and table tennis. The gym is reserved for Pickleball numerous times throughout the week. No sign up is required, and the YMCA will supply the basic equipment. All players are asked to share and take turns.
- **Pick Up Basketball-** Full court pickup basketball is available over the lunch hour on Mondays and Wednesdays. No registration is required- just show up ready to play!
- **Youth Programming-** The Indianola YMCA offers numerous youth sports clinics and leagues that utilize the gym. Please be kind and respectful as we encourage our youth to get and stay active.