



MARTENS GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth/Family Gym Time is for children (ages 9-12) and/or children and their parents

Schedule revised 11/11/2024

GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM						YOUTH & FAMILY GYM TIME 6AM - 4PM	CLOSED
6:00							
6:15							
6:30							
7:00							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	PRESCHOOL		PRESCHOOL				
9:15	Silver Sneakers Muscle 9:30-10:15am	Silver Sneakers Chair Yoga 9:15am-10am	Silver Sneakers Muscle 9:30-10:15am	Silver Sneakers Chair Yoga 9:15am-10am		YOUTH & FAMILY GYM TIME 1PM - 5PM	CLOSED
9:30							
9:45							
10:00	Silver Sneakers Move 10:20-10:50am		Silver Sneakers Move 10:20-10:50am				
10:15		PRESCHOOL		PRESCHOOL	PRESCHOOL		
10:30							
11:00		OPEN GYM					
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME		
3:00							
3:15							
3:30	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY		
3:45							
4:00							
4:15							
4:30							
4:45		GYM		GYM			
5:00	Art Gym & Swim 5pm - 5:30pm						
5:15							
5:30							
5:45	Y Biddy BBALL 7-10yo 5:45p - 6:45pm	YMCA FIT 5:45-6:30	FCBA Basketball 6pm-7pm (Rental)	YMCA FIT 5:45-6:30	FCBA Basketball 5:30PM to 8:30PM (Rental)		
6:00							
6:15							
6:30							
6:45		FCBA Basketball 6:45pm to 8:45pm (Rental)		SOCIL SPORTS 6:45pm-8			
7:00	KARATE 7PM-8PM		KARATE 7PM-8PM				
7:15							
7:30							
7:45							
8:00							
9:00							

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

