



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							C L O S E D		
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	Silver Sneakers Chair Yoga	Silver Sneakers Muscle	Silver Sneakers Chair Yoga		YOUTH & FAMILY			
9:30	9:30-10:15am	9:15am-10am	9:30-10:15am	9:15am-10am					
9:45									
10:00	Silver Sneakers Move		Silver Sneakers Move			GYM TIME			
10:15	10:20-10:50am	PRESCHOOL	10:20-10:50am	PRESCHOOL	PRESCHOOL				
10:30									
11:00		O P E N G Y M				6AM - 4PM			
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									YOUTH & FAMILY
1:30									
1:45									
2:00									
2:15									
2:30						GYM TIME			
2:45									
3:00	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME	PRESCHOOL GYM TIME				
3:15									
3:30	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	1PM - 5PM			
3:45									
4:00									
4:15									
4:30									
4:45		GYM TIME		GYM TIME					
5:00									
5:15									
5:30			Art Gym & Swim						
5:45			5pm - 5:30pm						
5:55		YMCA FIT	FCBA Basketball	YMCA FIT					
6:00	Y-Biddy BBALL	5:45-6:30	6pm-7pm (Rental)	5:45-6:30	FCBA Basketball				
6:15	7-10 yo				5:30PM to 8:30PM (Rental)				
6:30	5:45pm-6:45pm	FCBA Basketball		SOCIL SPORTS					
6:45		6:45pm to 8:45pm (Rental)		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**							

