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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	Barre/Pilates 5:30-6AM		Barre/Pilates 5:30-6AM				
6:00						Youth & Family 6:00-8:45 AM	CLOSED
6:15							
6:30							
7:00							
7:30							
7:45							
8:00							
8:15							
8:30		Silver Sneakers CLASSIC 8:45-9:30AM		Silver Sneakers CLASSIC 8:45-9:30AM			
8:45							
9:00						Biddy Basketball 9:00 - 10:00AM	
9:15		Silver Sneakers Chair Yoga 9:20am-10am		Silver Sneakers Chair Yoga 9:20am-10am			
9:30							
9:45							
10:00							
10:15							
10:30	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am		
11:00							
11:30							
11:45		OPEN				Youth & Family 10:15AM-3:45PM	
12:00							
12:15							
12:30							
12:45							
1:00							Youth & Family 1pm - 4:45 pm
1:15							
1:30							
1:45							
2:00							
2:15							
2:30	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM		
2:45							
3:00							
3:15							
3:30	YOUTH & FAMILY 3:30 - 4:45PM	YOUTH & FAMILY 3:30-5:30PM	YOUTH & FAMILY 3:30-4:45PM	YOUTH & FAMILY 3:30-5:30PM	YOUTH & FAMILY 3:30-5:30PM		
3:45							
4:00							
4:15							
4:30							
4:45							
5:00	Youth Basketball 5:00 - 6:00 PM						
5:15							
5:30							
5:45		YMCA FIT 5:45-6:30		YMCA FIT 5:45-6:30			
6:00	Sports of Sports 6:00-7:00PM						
6:15							
6:30				SOCIL SPORTS 6:45pm-8			
6:45							
7:00	KARATE 7PM-8PM		KARATE 7PM-8PM				
7:15							
7:30							
8:00							
9:00							

Revised 5/8/2026

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE Monday - Friday closed @8:45PM