



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Better Together

Waxahachie Family YMCA Gym Schedule

FALL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open Gym	Boot Camp @ 5:15	Open Gym	Boot Camp @ 5:15	Open Gym	Closed	Closed
6:00 AM							
7:00 AM	Zumba @ 8:15	Pickleball (Full Gym) (to 9:30)	Zumba @ 8:15	Pickleball (Full Gym) (to 9:30)	Adult (18+) Full Court 8am - 10:30am	Back Court - Pickleball (to 8:30)	
8:00 AM							
9:00 AM	Open Gym	HIIT @ 9:30	Open Gym	HIIT @ 9:30	Senior Fit. @ 10:30	GYM Closed for Youth Volleyball Games	
10:00 AM							
11:00 AM	Senior Fit. @ 10:30	Open Gym	Senior Fit. @ 10:30	Open Gym	Senior Fit. @ 10:30	Open Gym	
12:00 PM							
1:00 PM	Open Gym	Adult (18+) Full Court	Open Gym	Adult (18+) Full Court	Open Gym	Open Gym	Front Court - Adult (18+) Back Court - Family (Open)
2:00 PM							
3:00 PM							
4:00 PM	Cycle @ 6:30	Back Court - Pickleball	Bodycombat @ 5:30	Back Court - Pickleball	Closed	Closed	Closed
6:00 PM							
7:00 PM							
8:00 PM	Closes at 9pm	Closes at 9pm	Closes at 9pm	Closes at 9pm	Closes at 9pm	Closes at 9pm	Closes at 9pm
9:00 PM							

YELLOW - Front Court access only (Open). **BLUE** - Front Court for Adult Pickup Only (18+). **GREEN** - Adult (18+) Only (FULL COURT)

**** Court Schedule is subject to change based on YMCA Programing Needs. Please call to verify times ****

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all