



Ron Edwards Family YMCA • December 23, 2024 - January 5, 2025

HOLIDAY SCHEDULE

Monday December 23, 2024 6:00 am - 9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-9:30	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim 7:30-9:00
8:30 AM						
9:00 AM	HIT 9:15-10:00					
9:30 AM						AquaFit 9:15-10:00
10:00 AM	Strength and Conditioning 10:15-11:00		Yoga 10:15-11:45			
10:30 AM						Lane Swim 10:30-1:00
11:00 AM	WalkFit 11:15-12:00					
11:30 AM						
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each					
12:30 PM						
1:00 PM						
1:30 PM	Pickleball 1:00-3:00					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Basketball 3:15-4:30					Open Family Swim 1:00-7:30
4:00 PM						
4:30 PM						
5:00 PM				Balls, Band, Bosu 5:10-5:40		
5:30 PM			Back to Living Well 5:30-6:30			
6:00 PM				HIT 5:45-6:15		
6:30 PM						
7:00 PM		Cycle Fit Train 7:00-7:45 Seasonal				
7:30 PM					AquaFit Strength 7:30-8:10	
8:00 PM						
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30				Lane Swim 8:15-9:15	
9:00 PM						
9:30 PM						

Thursday December 26, 2024 8:00 am - 4:00 pm							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Open 8:00-4:00				Raquetball Tournament	Lane Swim 8:00-12:00	
8:30 AM							
9:00 AM			CycleFit 9:15-10:00				
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							Open Swim 12:00-3:45
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							

Saturday December 28, 2024 8:00 am - 5:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM		TRX 8:15-9:00			Open 8:00-5:30	Lane Swim 8:00-9:00
8:30 AM						
9:00 AM		CycleFit 9:15-10:00				
9:30 AM						
10:00 AM						
10:30 AM			Zumba 10:30-11:30			
11:00 AM						
11:30 AM						Open Family Swim 9:00-2:45
12:00 PM						
12:30 PM						
1:00 PM	Open Basketball 1:00-5:15					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM					Lane Swim 2:45-5:15	
4:30 PM						
5:00 PM						
5:30 PM						

Tuesday December 24, 2024 6:00 am - 2:00 pm							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL	
6:00 AM	Open 6:00-2:00				Open 6:00-2:00		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Lane Swim 7:30-12:00
8:30 AM							
9:00 AM			Cycle Fit 9:15-10:15				
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							Open Swim 12:00-1:45
1:30 PM							
2:00 PM							

Friday December 27, 2024 6:00 am - 9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-9:30	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim 7:30-9:00
8:30 AM						
9:00 AM	Muscle Fit 9:15-10:00					
9:30 AM				Line Dancing 9:15-10:00		AquaFit 9:15-10:00
10:00 AM	Low Impact 10:15-11:00		Yoga 10:15-11:45			
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Pickleball 12:00-3:00					Lane Swim 10:30-3:00
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						Open Swim 3:00-7:00
5:00 PM						
5:30 PM	Open Basketball 3:15-9:15					
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim 7:00-9:15	
9:00 PM						
9:30 PM						

Sunday December 29, 2024 8:00 am - 4:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM					Open 8:00-4:00	Lane Swim 8:00-9:00
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM		Endurance Cycle 9:30-11:00 Seasonal	Strong Nation 10:30-11:15			
10:30 AM						
11:00 AM						
11:30 AM						Open Family Swim 9:00-2:45
12:00 PM						
12:30 PM						
1:00 PM	Open Basketball 12:30-3:30					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						Open/Lane Swim 2:45-3:45
4:00 PM						

Wednesday December 25, 2024 CLOSED						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL



Ron Edwards Family YMCA • December 23, 2024 - January 5, 2025

HOLIDAY SCHEDULE

Monday December 30, 2024 6:00 am - 9:30 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-9:30	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim 7:30-9:00
8:30 AM						
9:00 AM	HIT 9:15-10:00					AquaFit 9:15-10:00
9:30 AM			Yoga 10:15-11:45			
10:00 AM	Strength and Conditioning 10:15-11:00					
10:30 AM	Walk Fit 11:15-12:00					Lane Swim 10:30-1:00
11:00 AM						
11:30 AM						
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each					
12:30 PM						
1:00 PM						
1:30 PM	Pickleball 1:00-3:00					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Basketball 3:15-4:30				Open Family Swim 1:00-7:30	
4:00 PM						
4:30 PM						
5:00 PM				Balls, Band, Bosu 5:10-5:40		
5:30 PM						
6:00 PM				HIT 5:45-6:15		
6:30 PM						
7:00 PM					AquaFit Strength 7:30-8:10	
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim 8:15-9:15	
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30					
9:30 PM						

Thursday January 2, 2025 6:00 am - 9:30 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	BodyFit 9:15-10:00	CycleFit 9:15-10:00			Lane Swim 7:30-1:00
9:30 AM			Gentle Fit 10:15-11:00		
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy 1:15-2:00
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Open Basketball 2:00-4:30				
3:30 PM					
4:00 PM					
4:30 PM					Lane/Open Swim 2:30-7:30
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM	Zumba 7:15-8:15				
7:30 PM					
8:00 PM					
8:30 PM	Open Basketball 8:30-9:30				Lane Swim 7:30-9:15
9:00 PM					
9:30 PM					

Saturday January 4, 2025 8:00 am - 5:30 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM		TRX 8:15-9:00			Lane Swim 8:00-9:00
8:30 AM					
9:00 AM		CycleFit 9:15-10:00			
9:30 AM					
10:00 AM					
10:30 AM			Zumba 10:30-11:30		
11:00 AM					
11:30 AM					Open Family Swim 9:00-2:45
12:00 PM					
12:30 PM					
1:00 PM	Open Basketball 1:00-5:15				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					Open/Lane Swim 2:45-5:15
4:30 PM					
5:00 PM					
5:30 PM					

Tuesday December 31, 2024 6:00 am - 2:00 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-2:00	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		CycleFit 9:15-10:00				Lane Swim 7:30-12:00
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						Open Swim 12:00-1:45

Friday January 3, 2025 6:00 am - 9:30 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30-9:00
8:30 AM					
9:00 AM	MuscleFit 9:15-10:00			Line Dancing 9:15-10:00	AquaFit 9:15-10:00
9:30 AM	Low Impact 10:15-11:00				
10:00 AM			Yoga 10:15-11:45		
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					Lane Swim 10:30-3:00
1:00 PM	Pickleball 12:00-3:00				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					Open Swim 3:00-7:00
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Open Basketball 3:15-9:15				
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					Lane/Open Swim 7:00-9:15
8:30 PM					
9:00 PM					
9:30 PM					

Sunday January 5, 2025 8:00 am - 4:00 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM	Open Basketball 8:00-8:45				Lane Swim 8:00-9:00
8:30 AM					
9:00 AM			Yoga 9:15-10:15		
9:30 AM		Endurance Cycle 9:30-11:00 Seasonal	Strong Nation 10:30-11:15		
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					Open Family Swim 9:00-2:45
12:00 PM					
12:30 PM	Open Basketball 12:30-3:30				
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					Lane Swim 2:45-3:45
4:00 PM					

Wednesday January 1, 2025 12:00 pm - 4:00 pm

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 12:00-4:00				Open/Lane Swim 12:00-3:45
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					