



Gym Schedule

August 3-9, 2025

CADILLAC AREA YMCA

The YMCA reserves the right to revise the schedule as needed.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|-----------------------------------|--|--|--|----------|
| Y Closed on Sundays Until After Labor Day | Adult Drop-in Basketball 6:00-7:30 am | Senior Fit 9:00 am-3:00 pm | Adult Drop-in Basketball 6:00-7:30 am | Senior Fit 9:00 am-3:00 pm | Adult Drop-in Basketball 6:00-7:30 am | |
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| | Pickleball Drop In 9:00am-12:00pm | Senior Fit 9:00 am-3:00 pm | Pickleball Drop In 9:00am-12:00pm | | Pickleball Drop In 9:00am-12:00pm | |
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| | | | Cardio Drumming 5:15-6:30 pm | DWTYS Rehearsal 5:00 - 6:00pm | | |
| | | | Pickleball 7:00 - 8:30 pm | Adult Drop-in Volleyball 7:30 - 9:00 pm | | |