



the
Gym Schedule

**August 31–September 5,
2025**

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y Closed for Labor Day Weekend	Y Closed For Labor Day	<div>Senior Fit</div> <div>9:00 am-3:00 pm</div>	<div>Adult Drop-in Basketball 6:00-7:30 am</div>	<div>Senior Fit</div> <div>9:00 am-3:00 pm</div>	<div>Adult Drop-in Basketball 6:00-7:30 am</div>	
			<div>Pickleball Drop In</div> <div>9:00am-12:00pm</div>		<div>Pickleball Drop In</div> <div>9:00am-12:00pm</div>	
			<div>Cardio Drumming</div> <div>5:15-6:30 pm</div>	<div>DWTYS Rehearsal</div> <div>5:00 - 6:00pm</div>		
			<div>Pickleball</div> <div>7:00 - 8:30 pm</div>	<div>Adult Drop-in Volleyball</div> <div>7:30 - 9:00 pm</div>		