



# Gym Schedule

## January 25-31, 2026

CADILLAC AREA YMCA

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

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed for swim meet			Senior Fit  9:00 am-3:00 pm		Senior Fit  9:00 am-3:00 pm		Rookies Basketball  10:45a - 12:15p   <