



May 24-30, 2026

Gym Schedule

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Y Closed</p> <p>For</p> <p>Memorial</p> <p>Weekend</p>	<p>Y Closed</p> <p>For</p> <p>Memorial</p> <p>Weekend</p>	<p>Senior Fit</p> <p>9:00 am-3:00 pm</p>	<p>Adult Drop-in Basketball</p> <p>6:00-7:30 am</p>	<p>Senior Fit</p> <p>9:00 am-3:00 pm</p>	<p>Adult Drop-in Basketball</p> <p>6:00-7:30 am</p>	<p>Cardio Drumming</p> <p>10-11am</p> <p>Teen Drop in Basketball</p> <p>2:00-3:00pm</p>
			<p>Adult Pickleball Drop In</p> <p>9:00am-12:00pm</p>		<p>Adult Pickleball Drop In</p> <p>9:00am-12:00pm</p>	
			<p>Cardio Drumming</p> <p>5:15-6:30 pm</p>		<p>Women on Weights</p> <p>5:30-6:30p</p>	
			<p>Adult Pickleball</p> <p>7:00 - 8:30 pm</p>		<p>Adult Open Volleyball</p> <p>7:30-9pm</p>	