

the
Gym Schedule

July 26-August 1, 2026

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		Adult Drop-in Basketball 6:00-7:30 am		Adult Drop-in Basketball 6:00-7:30 am	
	Adult Pickleball Drop In 8:30-11:30am	Senior Fit	Adult Pickleball Drop In 8:30-11:30am	Senior Fit	Adult Pickleball Drop In 8:30-11:30am	
		9:00 am-3:00 pm		9:00 am-3:00 pm		
						Teen Drop in Basketball 2:00-3:00pm
	Gymnastics 3:45-9:00pm		Cardio Drumming 5:15-6:30 pm			
			Adult Pickleball 7:00 - 8:30 pm	Adult Open Volleyball 7:30-9pm		