

the
Gym Schedule

**August 30– September 5,
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 5:30-7:00 am		Adult Drop-in Basketball 5:30-7:00 am		Adult Drop-in Basketball 5:30-7:00 am	Y Closed Labor Day Weekend
	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		
	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		