

the
Gym Schedule

September 6-12, 2026

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y Closed Labor Day Weekend	Y Closed Labor Day Weekend	Senior Fit 9:00 am-3:00 pm	Adult Drop-in Basketball 5:30-7:00 am	Senior Fit 9:00 am-3:00 pm	Adult Drop-in Basketball 5:30-7:00 am	Teen Drop in Basketball 2:00-3:00pm
			Adult Pickleball Drop In 8:30-11:30am		Adult Pickleball Drop In 8:30-11:30am	
			Cardio Drumming 5:15-6:30 pm			
			Adult Pickleball 7:00 - 8:30 pm	Adult Open Volleyball 7:30-9pm		