



# SUMTER FAMILY YMCA LOWER GYM

August 1-16, 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness (Monday) 5:45 am - 6:30 am	Functional Fitness 5:45 am - 6:30 am	Open Gym 5:30 am - 9:00 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 am - 9:15 am	Open Gym 6:30 am - 1:00 pm			
Functional Fitness 9:15 am - 10:00 am		Open Gym 10:00 am - 5:15 pm		
Open Gym 10:00 am - 1:00 pm				
Pickleball Green & Yellow Courts 1:00 pm - 3:00 pm	Pickleball Green & Yellow Courts 1:00 pm - 3:00 pm			
Open Gym 3:00 pm - 6:15 pm	Open Gym 3:00 pm - 8:45 pm	Boot Camp 5:15 pm - 6:30 pm	Times are subject to change based on program needs. General use of the area is permitted during down times.	
Women's League (Mon.) 5:30 pm - 7:00 pm				
Open Gym 7:45 pm - 8:45 pm				

\*Gym Hours: The upper and lower gyms close 15 minutes prior to the building closing\*

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



# SUMTER FAMILY YMCA UPPER GYM

August 1-16, 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am - 3:00 pm	Open Gym 5:30 am - 3:00 pm	Open Gym 5:30 am - 3:00 pm	Open Gym 6:30 am - 4:45 pm	
Open Gym 5:30 am - 3:00 pm	Open Gym 5:30 am - 3:00 pm	Open Gym 5:30 am - 3:00 pm	Open Gym 6:30 am - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
Youth Programming 1/2 court 3:00 pm - 6:00 pm	Youth Programming 1/2 court 3:00 pm - 6:00 pm	Youth Programming 1/2 court 3:00 pm - 6:00 pm	<p>Times are subject to change based on program needs. General use of the area is permitted during down times.</p>	
1/2 Family Time -1/2 Open Gym BootCamp Full Gym (6:15-7:45pm) 6:00 pm - 8:45 pm	Family Time 1/2 court Open Gym 1/2 court 6:00 pm - 8:45 pm	Family Time / Open Gym 6:00 pm - 7:45 pm		

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