



# SUMTER FAMILY YMCA LOWER GYM

## August 2026

| Monday & Wednesday                               | Tuesday & Thursday                      | Friday                                 | Saturday                                                                                                       | Sunday                                 |
|--------------------------------------------------|-----------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------|
| Functional Fitness (Monday)<br>5:45 am - 6:30 am | Functional Fitness<br>5:45 am - 6:30 am | Open Gym<br>4:00 am - 9:00 am          | Open Gym<br>6:30 am - 4:45 pm                                                                                  |                                        |
| Open Gym<br>6:30 am - 9:00 am                    | Open Gym<br>6:30 am - 3:00 pm           |                                        |                                                                                                                |                                        |
| Functional Fitness<br>9:15 am - 10:00 am         |                                         | Open Gym<br>10:00 am - 3:00 pm         |                                                                                                                |                                        |
| Open Gym<br>10:00 am - 3:00 pm                   |                                         | Youth Programming<br>3:00 pm - 5:30 pm |                                                                                                                | Youth Programming<br>3:00 pm - 5:15 pm |
| Youth Programming<br>3:00 pm - 5:30 pm           | Youth Programming<br>3:00 pm - 5:30 pm  | Boot Camp 1/2 gym<br>5:15 pm - 6:30 pm |                                                                                                                |                                        |
| Open Gym<br>5:30 pm - 6:15 pm                    | Open Gym<br>6:00 pm - 8:45 pm           | Open Gym<br>6:30 pm -7:45 pm           | Times are subject to change based on program needs.<br>General use of the area is permitted during down times. |                                        |
| Boot Camp 1/2 court<br>6:15 - 7:45 pm            |                                         |                                        |                                                                                                                |                                        |
| Open Gym<br>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 2026

| Monday & Wednesday                                               | Tuesday & Thursday                                               | Friday                                      | Saturday                                                                                                       | Sunday                        |
|------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------|
| Open Gym<br>4:00 am - 1:00 pm                                    | Open Gym<br>4:00 am - 1:00 pm                                    | Open Gym<br>5:30 am - 5:30 pm               | Open Gym<br>6:30 am - 10:00 pm                                                                                 |                               |
|                                                                  |                                                                  |                                             | Pickleball<br>10:00 am - 12:00 pm                                                                              |                               |
| Pickleball<br>1:00 pm - 3:00 pm                                  | Pickleball<br>1:00 pm - 3:00 pm                                  |                                             | Open Gym<br>12:00 pm - 4:45 pm                                                                                 | Open Gym<br>1:00 pm - 4:45 pm |
| Open Gym<br>3:00 pm - 5:00 pm                                    | Open Gym<br>3:00 pm - 5:00 pm                                    |                                             | Times are subject to change based on program needs.<br>General use of the area is permitted during down times. |                               |
| Healthy Living 1/2 gym<br>(Mon) 5:30 pm - 6:30 pm                | Healthy Living 1/2 gym<br>(Thur) 5:30 pm - 6:30 pm               |                                             |                                                                                                                |                               |
| Family Time 1/2 court<br>Open Gym 1/2 court<br>5:15 pm - 8:45 pm | Family Time 1/2 court<br>Open Gym 1/2 court<br>5:15 pm - 8:45 pm | Family Time / Open Gym<br>5:30 pm - 7:45 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.**