



# HEALTHY LIVING – BLAIR REGIONAL YMCA

## GYM SCHEDULE – JANUARY (CLOSED JANUARY 1<sup>ST</sup> 2026) Updated 1.16.26

| BASKETBALL COURT #1 EXTENDED HOURS BEGIN: JANUARY 12 <sup>TH</sup> 2026 |   |   |   |   | JAN 3 <sup>RD</sup> /10 <sup>TH</sup> 7A-3P | JAN 4 <sup>TH</sup> /11 <sup>TH</sup> 10A-4P |                                   |
|---|---|---|---|---|---|--|-----------------------------------|
| 5:00A-9:00P   |   | 5:00A-9:00P                                     | 5:00A-9:00P                                     | 5:00A-9:00P                                     | 5:00A-7:30P                                 | 7:00A-5:00P                                  | 10:00A-5:00P                      |
| Monday  | Tuesday   | Wednesday                                       | Thursday  | Friday  | Saturday                                    |  | Sunday                            |
| 5:00am-7:30am<br>Open Gym   | 5:00am-7:30am<br>Open Gym                       | 5:00am-7:30am<br>Open Gym                       | 5:00am-7:30am<br>Open Gym                       | 5:00am-7:30am<br>Open Gym                       | 7:00am-12:30pm<br>Open Gym                  |  | 10:00am-3:00pm<br>Open Gym        |
| 7:30am-9:30am<br>Pickleball<br>Social Play                              | 7:30am-9:30am<br>Pickleball<br>Advanced/Interme | 7:30am-9:30am<br>Pickleball<br>Social Play      | 7:30am-9:30am<br>Pickleball<br>Advanced/Interme | 7:30am-9:30am<br>Pickleball<br>Social Play      |   |  |                                   |
| 9:30am-12:00pm<br>Pickleball<br>Intermed/Beginn                         | 9:30am-12:00pm<br>Pickleball<br>Intermed/Beginn | 9:30am-12:00pm<br>Pickleball<br>Intermed/Beginn | 9:30am-12:00pm<br>Pickleball<br>Intermed/Begin  | 9:30am-12:00pm<br>Pickleball<br>Intermed/Beginn | 12:30-2:30pm<br>Pickleball<br>Social Play   |  | 3:00pm-5:30pm<br>Youth Basketball |
| 12:00pm-5:30pm<br>Open Gym  | 12:00pm-5:45pm<br>Open Gym                      | 12:00pm-5:30pm<br>Open Gym                      | 12:00pm-5:30pm<br>Open Gym                      | 12:00-7:00pm<br>Open Gym                        |   |  |                                   |
|   | 5:00pm-6:00pm<br>Biddy Basketball               |   | 5:30pm-6:30pm<br>Youth Basketball               |   |   |  |                                   |
| 5:30pm-9:00pm<br>Nut League   | 6:00pm-9:00pm<br>Open Gym                       | 5:30pm-9:00pm<br>Nut League                     | 6:30pm-9:00pm<br>Open Gym                       |   | 2:30-5:00pm<br>Open Gym                     |  |                                   |

| BASKETBALL COURT #2                  |  |  |  |                               |                           |  |
|--------------------------------------|--|--|--|-------------------------------|---------------------------|--|
| Monday                               | Tuesday  | Wednesday                                  | Thursday                                       | Friday                        | Saturday                  | Sunday   |
| 5:00am-9:00am<br>Open Gym            | 5:00am-9:30am<br>Open Gym                      | 5:00am-9:30am<br>Open Gym                  | 5:00am-9:00am<br>Open Gym                      | 5:00am-10:00am<br>Open Gym    | 7:00am-5:00pm<br>Open Gym | 10:00am-2:00pm<br>Open Gym                               |
| 9:15am-9:45am<br>Cardio Walk & Fit   | 9:30am-12:00pm<br>Pickleball<br>Intermed/Begin | 7:30am-9:30am<br>Pickleball<br>Social Play | 9:30am-12:00pm<br>Pickleball<br>Intermed/Begin | 10:00am-10:45am<br>Zumba Gold |                           | 2:00pm-3:50pm<br>Hollidaysburg Girls<br>Basketball Games |
| 10:00am-10:45am<br>Zumba Gold Toning | 12:00-5:00pm<br>Open Gym                       | 10:00am-10:45am<br>Zumba Gold              | 12:00-5:30pm<br>Open Gym                       | 10:45am-5:30pm<br>Open Gym    |                           | 3:50pm-5:30pm<br>Youth Basketball                        |
| 10:45am-9:00pm<br>Open Gym           | 5:00pm-6:00pm<br>Biddy Basketball              | 10:45am-9:00pm<br>Open Gym                 | 5:30pm-7:30pm<br>Youth Basketball              |                               |                           |  |
|                                      | 6:00pm-9:00pm<br>Open Gym                      |  | 7:30-9:00pm<br>Open Gym                        | 5:30pm-7:30pm<br>Karate       |                           |  |

**\*\* Schedule Subject to Change w/out Notice. Please check our Facebook Page Daily @BlairRegionalYMCA \*\***

### GYM CLOSURES/UPDATES DUE TO SPECIAL EVENTS:

Hollidaysburg Girls Basketball– Game 2:10– 3:00 pm Court 2  
Hollidaysburg Girls Basketball– Game 3:00– 3:50 pm Court 2  
Elementary youth 1<sup>st</sup> and 2<sup>nd</sup> grade Basketball – Game 3:00–3:50 pm Court 1  
Elementary youth 1<sup>st</sup> and 2<sup>nd</sup> grade Basketball – Game 3:50– 4:40 pm Court 1  
Elementary youth 1<sup>st</sup> and 2<sup>nd</sup> grade Basketball – Game 3:50– 4:40 pm Court 2  
Elementary youth 3<sup>rd</sup> and 4<sup>th</sup> grade basketball – Game 4:40 –5:30 pm Court 1  
Elementary youth 3<sup>rd</sup> and 4<sup>th</sup> grade basketball – Game 4:40 –5:30 pm Court 2

**DISCLAIMER:** There may be additional gym rentals that were reserved after the making of this schedule.

All other Land Fitness Classes are held in the Stuckey Room (Community Room 1). Please see the Land Fitness Schedule for more information. Revolutions Classes are held in the SPIN ROOM

| BASKETBALL COURT #3         |                             |                             |                             |                             |                             |                            |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|
| Monday                      | Tuesday                     | Wednesday                   | Thursday                    | Friday                      | Saturday                    | Sunday                     |
| 5:00am-9:00pm<br>Gymnastics | 5:00am-9:00pm<br>Gymnastics | 5:00am-9:00pm<br>Gymnastics | 5:00am-9:00pm<br>Gymnastics | 5:00am-7:30pm<br>Gymnastics | 7:00am-5:00pm<br>Gymnastics | 10:00-5:00pm<br>Gymnastics |