



HEALTHY LIVING – BLAIR REGIONAL YMCA

GYM SCHEDULE (Courts 1, 2, & 3) – AUGUST 2026

BASKETBALL COURT #1				SCHEDULE IS SUBJECT TO CHANGE DUE TO CAPITAL CAMPAIGN CONSTRUCTION & RENOVATIONS			
5:00A-9:00P		5:00A-9:00P	5:00A-9:00P	5:00A-9:00P	5:00A-7:30P	7:00A-3:00P	10:00A-4:00P
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	5:00am-7:30am Open Gym	7:00am-12:30pm Open Gym		10:00am-4:00pm Open Gym
7:30am-9:30am Pickleball Social Play	7:30am-9:30am Pickleball Advanced/Interm	7:30am-9:30am Pickleball Social Play	7:30am-9:30am Pickleball Advanced/Interm	7:30am-9:30am Pickleball Social Play			
9:30am-12:00pm Pickleball Intermed/Begin	9:30am-12:00pm Pickleball Intermed/Begin	9:30am-12:00pm Pickleball Intermed/Begin	9:30am-12:00pm Pickleball Intermed/Begine	9:30am-12:00pm Pickleball Intermed/Begin	12:30pm-2:30pm Pickleball Social Play		
12:00pm-9:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-5:00pm Open Gym	12:00pm-7:30pm Open Gym			
	5:00pm-9:30pm Women's League		5:00pm-9:30pm Women's League		2:30pm-3:00pm Open Gym		

BASKETBALL COURT #2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-5:45am Open Gym	5:00am-5:45am Open Gym	5:00am-5:30am Open Gym	5:00am-5:45am Open Gym	5:00am-5:45am Open Gym	7:00am-7:35am BALLance Strength & Core	10:15am-11:00am Spin & Sculpt
5:45am-6:30am Total Toning	5:45am-6:30am Revolutions	5:30am-6:00am Get On the Ball	5:45am-6:30am Revolutions	5:45am-6:30am Total Toning		11:15am-12:00pm Strong Nation
6:30am-8:00am Open Gym	6:30am-8:00am Open Gym	6:15am-7:00am Revolutions	6:30am-8:00am Open Gym	6:45am-7:30am Revolutions	7:45am-8:45am Torque & Burn	12:00pm-4:00pm Open Gym
8:00am-9:00am Barre Intensity	8:00am-8:45am Senior Strength	7:00am-9:00am Open Gym	8:00am-8:45am Senior Strength	7:30am-9:00am Open Gym	9:00am-9:45am Zumba	
9:15am-9:45am Cardio Walk & Fit	9:00am-9:45am Cardio Dance Fitness	9:00am-9:45am P90X	9:00am-9:45am Strength & Cardio Intervals	9:00am-9:45am H.I.I.T.	10:00am-11:00am Cardio Barre	
10:00am-10:30am Speedy Spin	10:00am-10:45am Revolutions	10:00am-10:30am Speedy Spin	10:00am-10:45am Revolutions	10:00am-10:45am Cycling	11:00am-3:00pm Open Gym	
10:45am-11:30am Zumba Gold Toning	11:00am-11:45am Quick Lift+	10:45am-11:30am Zumba Gold	11:00am-11:45am Barre Intensity	11:00am-11:45am Zumba Gold		
12:00pm-12:45pm Silver Sneakers Classic	12:00pm-1:00pm Silver Sneakers Circuit	12:00pm-12:45pm Silver Sneakers Classic	12:00pm-1:00pm Silver Sneakers Circuit	12:00pm-12:45pm Silver Sneakers Classic		
12:45pm-4:00pm Open Gym	1:00pm-9:00pm Open Gym	12:45pm-4:00pm Open Gym	1:00pm-4:00pm Open Gym	12:45pm-5:30pm Open Gym		
4:00pm-4:45pm Kickboxing		4:00pm-4:45pm Pedal & Press	4:00pm-4:45pm Cardio & Core Sculpt	5:30pm-7:30pm Karate		
5:00pm-5:45pm Pedal & Press		5:00pm-5:30pm 30 Minute Shred	5:00pm-5:30pm Quick Lift			
6:00pm-9:00pm Open Gym		5:45pm-6:30pm PiYo LIVE	5:45pm-6:45pm Cardio Barre			
		6:30pm-9:00pm Open Gym	6:45pm-9:00pm Open Gym			

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

GYM CLOSURES/UPDATES DUE TO SPECIAL EVENTS:

Courts 1 & 2 will be closed Tuesday, August 4th from 5:00pm-9:00pm | Women's Basketball

Courts 1 & 2 will be closed Thursday, August 6th from 5:00pm-8:00pm | Women's Basketball (Land Fitness Classes canceled during the time period)

Women's Basketball League ends on Thursday, August 6th

LAND FITNESS CLASS CANCELATIONS FOR AUGUST LISTED ON BACK

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

All other Land Fitness Classes are held in Court 3 or the Wellness Center. Please see the Land Fitness Schedule for more information.

DISCLAIMER: This schedule is subject to change due to Capital Campaign renovations/construction

GYMNASTICS COURT #3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:00pm Gymnastics	5:00am-9:00pm Gymnastics	5:00am-8:00am Gymnastics	5:00am-7:30pm Gymnastics	5:00am-8:00am Gymnastics	7:00am-3:00pm Gymnastics	10:00-4:00pm Gymnastics
6:00pm-7:00pm Evening Flow to Rest		8:00am-8:45am Slow Yoga Flow	7:30pm-8:30pm Somatic Stretch Yoga	8:00am-8:45am Slow Yoga Flow		
7:00pm-9:00pm Gymnastics		8:45am-10:15am TRX	8:30pm-9:00pm Gymnastics	8:45am-7:30pm Gymnastics		
		10:15am-6:45pm Gymnastics				
		6:45pm-7:45pm Evening Flow to Rest				
		7:45pm-9:00pm Gymnastics				

LAND FITNESS CLASS CANCELATIONS FOR AUGUST

- BALLance Strength & Core – (No Class 8.8)
- Barre Intensity – (No Class 8.17)
- Cardio Core & Sculpt – (No Class 8.13, 8.20)
- Cardio Barre – (No Class 8.6)
- Evening Flow to Rest – (No Class 8.3, 8.5, 8.10)
- Fitness Circuit – (No Class 8.31)
- H.I.I.T. – (No Class 8.28)
- Quick Lift – (No Class 8.6)
- Quick Lift + – (No Class 8.4)
- Senior Strength – (No Class 8.4, 8.6)
- Slow Yoga Flow – (No Class 8.7)
- Strength & Cardio Intervals – (No Class 8.6)
- Strong Nation™ – (No Class 8.2, 8.9, 8.16)
- TRX Training – (No Class 8.19)
- Zumba® – (No Class 8.8, 8.15)
- Zumba Gold® – (No Class 8.5, 8.7)
- Zumba Gold Toning® – (No Class 8.3)
- Pedal & Press – (No Class 8.10)
- Revolutions – (No class 8.7 @ 10 am, 8.19 @ 6:15 am, 8.21 @ 6:45 am, 8.26 @ 6:15 am, 8.28 @ 6:45 am)
- Spin & Sculpt – (No Class 8.9)