



HEALTHY LIVING – BLAIR REGIONAL YMCA

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

CLOSED 9.7.2026 | LABOR DAY

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-9:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-7:30pm Open Gym		
					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 Step Combo 60	11:00am-3:00pm Open Gym
10:00am-10:30am Speedy Spin	10:00am-10:45am Quick Lift+	10:00am-10:30am Speedy Spin	10:00am-10:45am Barre Intensity	10:00am-10:45am Zumba Gold		
10:45am-11:30am Zumba Gold Toning	11:00am-12:00pm Silver Sneakers Circuit	10:45am-11:30am Zumba Gold	11:00am-12:00pm Silver Sneakers Circuit	11:00am-11:45am Silver Sneakers Classic		
11:45am-12:30pm Silver Sneakers Classic	12:00pm-4:30pm Open Gym	11:45am-12:30pm Silver Sneakers Classic	12:00pm-4:00pm Open Gym	11:45am-5:30pm Open Gym		
12:30pm-4:00pm Open Gym		12:30pm-4:00pm Open Gym				
4:00pm-4:45pm Kickboxing	4:30pm-5:30pm Interval Craze	4:00pm-4:45pm Pedal & Press	4:00pm-4:45pm Cardio & Core Sculpt			
5:00pm-6:00pm Pedal & Press	5:30pm-9:00pm Open Gym	5:00pm-5:30pm 30 Minute Shred	5:00pm-5:30pm Quick Lift	5:30pm-7:30pm Karate		
6:00pm-9:00pm Open Gym		5:45pm-6:30pm PiYo LIVE	5:45pm-6:45pm Step Combo 60			
		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:

Court 1 Closed | Thursday, September 24th 1:00-2:00pm (Homeschool Open Swim & Gym)

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-7:30pm 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
7:30pm-8:30pm 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		
8:30pm-9:00pm Gymnastics		8:45am-10:15am TRX	8:30pm-9:00pm Gymnastics	8:45am-7:30pm Gymnastics		
		10:15am-7:30pm Gymnastics				
		7:30pm-8:30pm Evening Flow to Rest				
		8:30pm-9:00pm Gymnastics				

LAND FITNESS CLASS CANCELATIONS FOR AUGUST

- 9/2 - Wednesday | P90X, 9:00-9:45 am, taught by Linda Donahoe.
- 9/5 - Saturday | BALLance, Strength, and Core, 7:00-7:35 am, taught by Deena Donnelly.
- 9/7 - Monday | (Labor Day)
 - Total Toning | 5:45-6:30am, taught by Paula DeLattre.
 - Barre Intensity | 8:00-9:00am, taught by Jo Bardell.
 - Fitness Circuit | 9:00-10:00am, taught by Linda Donahoe.
 - Cardio Walk & Fit | 9:15-9:45am, taught by Phyllis Baker.
 - Speedy Spin | 10:00-10:30am, taught by Rick Vanevenhoven.
 - Zumba Gold | 10:45-11:30am, taught by Julie Overdorff.
 - SilverSneakers Classic | 11:45-12:30pm, taught by Julie Overdorff.
 - Kickboxing | 4:00-4:45pm, taught by Courtney Benson.
 - Pedal & Press | 5:00-6:00pm, taught by Deena Donnelly.
 - Evening Yoga Flow | 7:30-8:30pm, taught by Jacob Campbell.
- 9/10 - Thursday | SilverSneakers Circuit, 11:00am-12:00pm, taught by Cammy Pulcino.
- Revolutions on Wednesdays at 6:15-7:00am, taught by Dianne Rudel (9/2, 9/9, 9/16, 9/23, 9/30).
- Revolutions on Fridays at 6:45-7:30 am, taught by Dianne Rudel (9/4, 9/11, 9/18, 9/25).