



HEALTHY LIVING – BLAIR REGIONAL YMCA

GYM SCHEDULE (Courts 1, 2, & 3) – OCTOBER 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/Begin	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	
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		
6:30am-8:00am Open Gym	6:30am-8:00am Open Gym	6:00am-6:45am Revolutions	6:30am-8:00am Open Gym	6:30am-7:15am Revolutions	7:45am-8:45am Torque & Burn	
8:00am-9:00am Barre Intensity	8:00am-8:45am Senior Strength	7:00am-8:45am Open Gym	8:00am-8:45am Senior Strength	7:15am-8:45am Open Gym	9:00am-9:45am Zumba	
9:15am-9:45am Cardio Walk & Fit	9:00am-9:45am Cardio Dance Fitness	8:45am-9:45am P90X	9:00am-9:45am Strength & Cardio Intervals	8:45am-9:45am H.I.I.T.	10:00am-11:00am Step Combo 60	
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	11:00am-3:00pm Open Gym	
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		
6:15pm-8:15pm Special Olympics		5:45pm-6:30pm PiYo LIVE	5:30pm-9:00pm Open Gym			
8:15pm-9:00pm Open Gym		6:30pm-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, October 22nd 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 Yoga Flow		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		10:15am-11:00am TRX	8:30pm-9:00pm Gymnastics	8:45am-7:30pm Gymnastics		
		10:15am-7:30pm Gymnastics				
		7:30pm-8:30pm Evening Yoga Flow				
		8:30pm-9:00pm Gymnastics				

LAND FITNESS CLASS CANCELATIONS FOR AUGUST

- 10/3 - Saturday - Zumba is canceled, 9-9:45 am, taught by Kelly
- 10/4 - Sunday - Strong Nation is canceled, 11:15-12 pm, taught by Kelly
- 10/8 - Thursday - Senior Strength is canceled, 8-8:45 am, taught by Julie O.
- 10/15 - Thursday - Cardio & Core Sculpt is canceled, 4-4:45 pm, taught by Brandy
- 10/19 - Monday - Evening Yoga Flow is canceled, 7:30-8:30 pm, taught by Jacob