HEALTHY LIVING – BLAIR REGIONAL YMCA

GYM SCHEDULE (Courts 1, 2, & 3) – NOVEMBER 2026 CLOSED THANKSGIVING 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-5:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-7:30pm Open Gym		
	5:00pm-6:00pm Biddy Volleyball				2:30pm-3:00pm Open Gym	
	6:00pm-7:00pm Peewee Volleyball					
	7:00pm-9:00pm 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	6:00am-6:45am Revolutions	6:30am-8:00am Open Gym	6:30am-7:15am 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-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-10:45am Zumba Gold Toning	10:00am-10:45am Quick Lift+	10:00am-10:45am Zumba Gold	10:00am-10:45am Barre Intensity	10:00am-10:45am Zumba Gold	11:00am-3:00pm Open Gym	
11:00am-11:45pm Silver Sneakers Classic	11:00am-12:00pm Silver Sneakers Circuit	11:00am-11:45pm Silver Sneakers Classic	11:00am-12:00pm Silver Sneakers Circuit	11:00am-11:45am Silver Sneakers Classic		
12:30pm-4:00pm Open Gym	12:00pm-4:30pm Open Gym	12:30pm-4:00pm Open Gym	12:00pm-4:00pm Open Gym	11:45am-5:30pm 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, November 19th 1:00-2:00pm (Homeschool Open Swim & Gym)
Court 1/2 Closed | Saturday, November 28th 7:00am-12pm (Perry Wellington Turkey Trot)

LAND FITNESS CLASS CANCELATIONS FOR NOVEMBER 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 7:30pm-8:30pm Evening Yoga Flow 8:30pm-9:00pm Gymnastics	5:00am-9:00pm Gymnastics	5:00am-8:00am Gymnastics 8:00am-8:45am Slow Yoga Flow 10:15am-11:00am TRX 10:15am-7:30pm Gymnastics 7:30pm-8:30pm Evening Yoga Flow 8:30pm-9:00pm Gymnastics	5:00am-7:30pm Gymnastics 7:30pm-8:30pm Somatic Stretch Yoga 8:30pm-9:00pm Gymnastics	5:00am-8:00am Gymnastics 8:00am-8:45am Slow Yoga Flow (No Class 11.27) 8:45am-7:30pm Gymnastics	7:00am-7:30pm Gymnastics 7:30pm-8:30pm Men's Morning Stretch (Pop-Up 11.14) 8:30am-3:00pm Gymnastics	10:00-4:00pm Gymnastics

LAND FITNESS CLASS CANCELATIONS FOR NOVEMBER

11/1 – Sunday – Strong Nation, 11:15-12PM, taught by Kelly Yeager.
11/3 – Tuesday – SilverSneakers Circuit, 11-12PM, taught by Cammy Pulcino.
11/7 – Saturday – Zumba, 9-9:45AM, taught by Kelly Yeager.
11/8 – Sunday – Strong Nation, 11:15-12PM, taught by Kelly Yeager.
11/26 – Thursday – Revolutions, 5:45-6:30AM, taught by Stacy Pollock.
11/26 – Thursday – Senior Strength, 8-8:45AM, taught by Julie Overdorff.
11/26 – Thursday – Strength & Cardio Intervals, 9-9:45AM, taught by Julie Overdorff.
11/26 – Thursday – Barre Intensity, 10-10:45AM, taught by Jo Bardell.
11/26 – Thursday – SilverSneakers Circuit, 11-12PM, taught by Cammy Pulcino.
11/26 – Thursday – Cardio & Core Sculpt, 4-4:45PM, taught by Brandy Pramuk.
11/26 – Thursday – Quick Lift, 5-5:30PM, taught by Kathy Beigle.
11/26 – Thursday – Somatic Stretch Yoga, 7:30-8:30PM, taught by Heather Weigering.
11/27 – Friday – Total Toning, 5:45-6:30AM, taught by Paula DeLattre.
11/27 – Friday – Revolutions, 6:30-7:15AM, taught by Dianne Rudel.
11/27 – Friday – Slow Flow Yoga, 8-8:45AM, taught by Dianne Rudel.
11/27 – Friday – H.I.I.T., 8:45-9:45AM, taught by Linda Donahoe.
11/27 – Friday – Zumba Gold, 10-10:45AM, taught by Jullie Overdorff.
11/27 – Friday – SilverSneakers Classic, 11-11:45AM, taught by Julie Overdorff.
11/28 – Saturday – BALLance, Strength, & Core, 7-7:35AM, taught by Deena Donnelly.
11/28 – Saturday – Torque & Burn, 7:45-8:45AM, taught by Jen Misiura.
11/28 – Saturday – Zumba, 9-9:45AM, taught by Kelly Yeager.
11/28 – Saturday – Step Combo 60, 10-11AM, taught by Jo Bardell.