



MIDDLESEX YMCA GYMNASIUM SCHEDULE

Updated 5.15.2025

MON	TUES	WED	THU	FRI	SAT	SUN
OPEN GYM 5:15-8:25	OPEN GYM 5:15-9:30	OPEN GYM 5:15-8:25	OPEN GYM 5:15-9:15	OPEN GYM 5:15-8:15	OPEN GYM 7-1:15pm	OPEN GYM 7-1:15
PICKLEBALL 8:25-9:55	PICKLEBALL 9:30-11:00	PICKLEBALL 8:25-9:55	HIP HOP 9:20-10:20	PICKLEBALL 8:15-9:45		
INCLEMENT WEATHER RESERVATION PRESCHOOL 10-11:40		INCLEMENT WEATHER RESERVATION PRESCHOOL 10-11:40	OPEN GYM 10:30-11:10	INCLEMENT WEATHER RESERVATION PRESCHOOL 10-11:40		
SILVER SNEAKERS 11:45-12:45	GENTLE CHAIR YOGA 11:15-12:15	OPEN GYM 11:45-12:30	GENTLE CHAIR YOGA 11:15-12:15	SILVER SNEAKERS 11:45-12:45	OPEN GYM or BOOKED FOR BIRTHDAY PARTY 1:15-2:45 CHECK ONLINE SCHEDULE	RESERVED Special Olympics 1:30-2:30
OPEN GYM 1:00-6:15	OPEN GYM 12:30-8:20	RESERVED M.A.R.C. 12:30-1:45	OPEN GYM 12:30-8:20	RESERVED M.A.R.C. 12:45-2:00	OPEN GYM 2:45-3:50	OPEN GYM 2:30-3:50
		OPEN GYM 1:45 - 8:20		OPEN GYM 2:00-6:45pm	Y CLOSSES 4PM	Y CLOSSES 4PM
Bounce & Burn Program 6:30-7:15		RESERVED TEEN NIGHT 6:45-9:00			SCAN ME  VISIT OUR WEBSITE TO VIEW THE MOST UP TO DATE SCHEDULE	
OPEN GYM 7:30-8:20			 Schedule Changes sent out via our MOBILE APP. DOWNLOAD TODAY!			
YMCA CLOSSES AT 8:30PM	YMCA CLOSSES AT 8:30PM	YMCA CLOSSES AT 8:30PM	YMCA CLOSSES AT 8:30PM			

VISIT OUR WEBSITE TO VIEW THE MOST UP TO DATE SCHEDULE



Schedule Changes sent out via our MOBILE APP. DOWNLOAD TODAY!