



Bettendorf Family YMCA Gym Schedule

We put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|------|-----------|------------------------------|-----------|------------------------------|-----------|-------------------------------|---|-------------------------------|-----------|-----------|-----------|---------------------------|-----------|----------------------------|
| | North | South | North | South | North | South | North | South | North | South | North | South | North | South |
| 5AM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | | Closed | |
| 6AM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | |
| 7AM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | |
| 8AM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | |
| 9AM | Open Rec. | Open Rec. | Open Rec. | Y Programming 9:00-10:30 | Open Rec. | Y Programming 9:00-11:00am | Open Rec. | Y Programming 9:00-10:00am | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | |
| 10AM | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. |
| 11AM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | |
| 12PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | |
| 1PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Y Programming 12:30-6pm |
| 2PM | Open Rec. | Open Rec. | Open Rec. | Y Programming 2:00-2:45pm | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Y Programming 1:30-6pm | Open Rec. | |
| 3PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | |
| 4PM | Open Rec. | Y Programming 3:45-4:45pm | Open Rec. | Y Programming 3:45-6:30pm | Open Rec. | Y Programming 3:45-6:45pm | Open Rec. | Y Programming 3:45-4:45pm | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | |
| 5PM | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Y Programming 4:45-9pm | Open Rec. | |
| 6PM | Open Rec. | Y Programming 5:30-7:30pm | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Y Programming 5:30-6:30pm | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | Open Rec. |
| 7PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Adult Pickup Basketball 7:30-9:30 Members Only | Open Rec. | Open Rec. | Open Rec. | Closed | Closed | Closed | |
| 8PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | | Open Rec. | Open Rec. | Open Rec. | | | Open Rec. | Closed |
| 9PM | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Open Rec. | Closed | | Closed | | | |

CARING

HONESTY

RESPECT

RESPONSIBILITY