

Maquoketa YMCA  
Gym Schedule - North Side  
SEPTEMBER 2023



Maquoketa YMCA  
Gym Schedule - South Side  
SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS 5:45-6:30AM	GROUP FITNESS 5:15-6:00AM	GROUP FITNESS 5:45-6:30AM	GROUP FITNESS 5:15-6:00AM	GROUP FITNESS 5:30-6:00AM	CLOSED	CLOSED
PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM		
OPEN GYM 10:00A-12:00PM	OPEN GYM 10:00A-5:00P	OPEN GYM 10:00A-12:00PM	OPEN GYM 10:00A-9:00P	OPEN GYM 10:00A-12:00PM	OPEN GYM 7:00AM-5:00PM	OPEN GYM 8:00AM-5:00PM
DROP IN BASKETBALL 12:00-1:30PM		DROP IN BASKETBALL 12:00-1:30PM		DROP IN BASKETBALL 12:00-1:30PM		
OPEN GYM 1:30-5:00PM	GROUP FITNESS 5:00-5:45PM	OPEN GYM 1:30-4:45PM	OPEN GYM 1:00-8:00PM	GROUP FITNESS 5:00-5:45PM	CLOSED	CLOSED
GROUP FITNESS 5:00-5:45PM		GROUP FITNESS 4:45-6:15PM				
OPEN GYM 5:45-7:30PM	OPEN GYM 5:45-7:30PM	OPEN GYM 6:15-7:30PM				
Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 8:00 PM	Building closes at 5:00 PM	Building closes at 5:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30-7:30AM	OPEN GYM 5:30-7:30AM	OPEN GYM 5:30-7:30AM	OPEN GYM 5:30-7:30AM	OPEN GYM 5:30-7:30AM	CLOSED	CLOSED
PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM	PICKLEBALL 7:30-10:00AM		
OPEN GYM 10:00A-12:00PM	OPEN GYM 10:00A-4:30PM	OPEN GYM 10:00A-12:00PM	OPEN GYM 10:00A-4:30PM	OPEN GYM 10:00A-12:00PM	OPEN GYM 7:00AM-3:00PM	CLOSED
DROP IN BASKETBALL 12:00-1:30PM		DROP IN BASKETBALL 12:00-1:30PM		DROP IN BASKETBALL 12:00-1:30PM		
OPEN GYM 1:30-4:30PM	PICKLEBALL 4:30-5:30PM	OPEN GYM 1:30-4:30PM	PICKLEBALL 4:30-5:30PM	OPEN GYM 1:30-4:30PM	CLOSED	CLOSED
PICKLEBALL 4:30-5:30PM		PICKLEBALL 4:30-5:30PM				
OPEN GYM 5:30-7:30PM	OPEN GYM 5:30-7:30PM	OPEN GYM 5:30-7:30PM	OPEN GYM 5:30-7:30PM	OPEN GYM 5:30-7:30PM		
Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 9:00 PM	Building closes at 8:00 PM	Building closes at 5:00 PM	Building closes at 5:00 PM