

# ROSCOE GYM SCHEDULE

# JULY 2026



| SUN           | MON                                        | TUE                                             | WED                                        | THU                                             | FRI                                        | SAT                                   |
|---------------|--------------------------------------------|-------------------------------------------------|--------------------------------------------|-------------------------------------------------|--------------------------------------------|---------------------------------------|
| <b>CLOSED</b> | 5:30-6:30am<br><i>Group Exercise</i>       | 5:00-6:15am<br><i>Group Exercise</i>            | 5:30-6:30am<br><i>Group Exercise</i>       | 5:00-6:15am<br><i>Group Exercise</i>            | 5:05-6:30am<br><i>Group Exercise</i>       | 6:00-6:30am<br><i>Group Exercise</i>  |
|               | 6:45-7:45am<br><i>Open Gym</i>             | 6:30-7:45am<br><i>Open Gym</i>                  | 6:45-7:45am<br><i>Open Gym</i>             | 6:30-8:45am<br><i>Open Gym</i>                  | 6:30-7:45am<br><i>Open Gym</i>             | 6:45-10:30am<br><i>Group Exercise</i> |
|               | 8:10-10:55am<br><i>Group Exercise</i>      | 8:00-10:55am<br><i>Group Exercise</i>           | 7:45-11:00am<br><i>Group Exercise</i>      | 9:00-10:55am<br><i>Group Exercise</i>           | 7:45-11:00am<br><i>Group Exercise</i>      |                                       |
|               | 11:00-12:00pm<br><i>Pedal for Progress</i> | 11:00-12:00pm<br><i>Open Gym</i>                | 11:00-12:00pm<br><i>Pedal for Progress</i> | 11:00-12:00pm<br><i>Open Gym</i>                | 11:00-12:00pm<br><i>Pedal for Progress</i> | 10:45-11:45am<br><i>Open Gym</i>      |
|               |                                            | 12:00-2:00pm<br><i>Pickleball<br/>(walk-in)</i> |                                            | 12:00-2:00pm<br><i>Pickleball<br/>(walk-in)</i> |                                            |                                       |
|               | 12:15-4:00pm<br><i>Open Gym</i>            |                                                 | 12:15-4:00pm<br><i>Open Gym</i>            |                                                 | 12:15-4:00pm<br><i>Open Gym</i>            |                                       |
|               |                                            | 2:00-4:15pm<br><i>Open Gym</i>                  |                                            | 2:00-4:00pm<br><i>Open Gym</i>                  |                                            |                                       |
|               | 4:00-5:00pm<br><i>Open Gym (half)</i>      | 4:30-6:55pm<br><i>Group Exercise</i>            | 4:00-5:00pm<br><i>Open Gym (half)</i>      | 4:00-5:15pm<br><i>Open Gym (half)</i>           | 4:00-5:00pm<br><i>Open Gym (half)</i>      |                                       |
|               | 5:15-6:15pm<br><i>Group Exercise</i>       |                                                 | 5:15-6:15pm<br><i>Group Exercise</i>       | 5:30-6:55pm<br><i>Group Exercise</i>            | 5:00-6:45pm<br><i>Open Gym</i>             |                                       |
|               | 6:30-7:45pm<br><i>Open Gym</i>             | 7:10-7:45pm<br><i>Open Gym</i>                  | 6:30-7:45pm<br><i>Open Gym</i>             | 7:00-7:45pm<br><i>Open Gym</i>                  |                                            |                                       |

Schedule subject to change.

[statelineymca.org/schedules](https://statelineymca.org/schedules)