

## Gym & Recreation Schedule January 2nd – April 30<sup>th</sup>, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Open Pickleball Intermediate/Adv.  7:30-9:30		
Open Pickleball Intermediate/Adv.  9:00-11:00		Open Pickleball Intermediate/Adv.  9:00-11:00		Open Pickleball Intermediate/Adv.  9:00-11:00	Open Pickleball Intermediate/Adv.  9:00-11:00
Indoor Walking Challenge  11:00-12:00	Indoor Walking Challenge  11:00-12:00	Indoor Walking Challenge  11:00-12:00	Indoor Walking Challenge  11:00-12:00	Indoor Walking Challenge  11:00-12:00	Indoor Walking Challenge  11:00-12:00
	Open Pickleball Intermediate/Adv  4:00-6:00	Open Pickleball Intermediate/Adv  4:00-6:00			 Book your next party or event with the YWCA!

*\*Everything in this schedule is included in land or combo packages. Refer to our Wellness Pricing sheet for current join fees and package rates.*

**Indoor Walking Challenge:** Get your steps in, stay accountable, and connect with others in a climate-controlled environment, on stable ground, all year long! Participants are encouraged to set personal goals and track their progress while enjoying the benefits of low-impact movement.

**Open Pickleball:** Beginners, intermediate, and advanced players can join! A sign-up sheet goes out via email every Friday. To get on the email list, contact Steven Broyles, Pickleball Ambassador, at [steven.broyles@cortland.edu](mailto:steven.broyles@cortland.edu).

## Gym & Recreation Schedule

### January 2nd – April 30<sup>th</sup>, 2026

**Gymnastics Classes:** Our six-week sessions of gymnastics classes help kids build strength, coordination, and confidence through movement. Whether your child is just starting out or already cartwheeling, we’ve got a class for them! *\*(Not included in land or combo packages)\**

**Session 1 | January 5 – February 10**

**Session 2 | March 16 – April 28** *(No classes February 16-21)*

**Registration Dates:** December 1 – January 2  
(Refer to our Wellness Pricing sheet for session cost)

**Registration Dates:** February 9 – March 13  
(Refer to our Wellness Pricing sheet for session cost)

**Schedule:**

- Pre-School I (ages 2-4 with parent): Monday, 4:00–4:45 pm
- Pre-School II (ages 3-5): Monday, 5:00–5:45 pm
- Beginner Gymnastics (ages 5-12): Monday, 6:00–7:00 pm
- Pixie Gym (ages 1-2 with parent): Tuesday, 9:30–10:15 am

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**Weight Room:** Members with land packages\* can utilize our weight room freely or meet with one of our personal trainers to design a program tailored to their fitness goals. Equipped with a HOIST Strength Circuit and Power Cage, free weights, and various Precor cardio machines, our weight room offers a well-rounded workout experience!

If you are a new to using workout equipment and will be working without a trainer, please book an appointment with our staff to ensure safe and proper use of the equipment. Adults who are already familiar with the equipment, are not required to book this appointment.

**Personal Training:** Don’t know where to start? Need accountability to stay motivated? Book training sessions with one of our certified personal trainers, Debi Barber, Laurie Greene, and Kristina Reilly.

1 session	3 sessions	5 sessions	10 sessions	20 sessions
\$38	\$105	\$160	\$300	\$550