



# Airnasium Schedule – May 2026

| SUNDAY                                   | MONDAY                                  | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                 | FRIDAY                                  | SATURDAY                                 |
|--|---|---|---|--|---|--|
| Dance Fitness<br>9:00am–9:45am           |   | Closed<br>5:30am–12:15pm                | Closed<br>5:30am–10:00am                | Closed<br>5:30am–7:00am                  |   | Closed<br>7:00am–9:00am                  |
| Open Airnasium<br>Time<br>11:00am–3:00pm | Closed<br>5:30am–3:00pm                 | Yacht Rock Yoga<br>12:15pm–1:10pm       | Zumba<br>10:00am–10:50am                | Open Airnasium<br>Time<br>7:00am–11:00am | Closed<br>5:30am–3:00pm                 | Total Body Circuit<br>9:00am–9:45am      |
|  |   | Closed<br>1:10pm–3:00pm                 | Closed<br>10:50am–3:00pm                | Closed<br>11:00am–3:00pm                 |   | Open Airnasium<br>Time<br>10:00am–3:00pm |
|  | Open Airnasium<br>Time<br>3:00pm–7:00pm | Open Airnasium<br>Time<br>3:00pm–7:00pm | Open Airnasium<br>Time<br>3:00pm–7:00pm | Open Airnasium<br>Time<br>3:00pm–7:00pm  | Open Airnasium<br>Time<br>3:00pm–7:00pm |  |
|  |   |   |   |  |   |  |

**Weather Policy:** YMCA Leadership will determine closing based on the following Lightning, Air Quality, heat index and wind chill.

Please check our app for updates

See group exercise schedule for more details of classes happening in the Airnasium



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## Airnasium Etiquette

1. Space can be utilized while staffed. Please check the schedule for when the Airnasium is open. Schedules are at the front desk, on our app, and on our website.
2. During group exercise classes and small group programs, the space is reserved exclusively for participants. Members may not use the space to do their own workout while a class or special program is in progress.
3. Entrance and exit are via the Y's main entrance and down the racquetball court hallway. Please do not enter or exit through the outdoor fence.
4. Keep equipment in this space and do not bring equipment from other areas of the Y.
5. Clean equipment and mats after use. Pre-moistened wipes are provided.
6. Please wear athletic clothing. Tops must be worn at all times.
7. Share equipment responsibly by limiting time on each piece to consider others waiting, and offering to alternate rounds to manage wait times effectively.
8. Be mindful of noise levels by using headphones, creating a peaceful environment for all to enjoy their workouts.
9. Members are required to adhere to the YMCA's cell phone policy. Keep your ringer on silent and refrain from taking calls. Phone conversations can take place outside the Airnasium or in the YMCA lobby.
10. Water only- no other food or drink is allowed.

### Ages for the Airnasium

| Age   | Programs available  |
|-------|---|
| 10-11 | Dance fitness and yoga if accompanied by parent or guardian |
| 12-14 | Group exercise classes if accompanied by parent or guardian |
| 14+   | Open Airnasium Time, all group exercise classes             |

**At the YMCA, you are a part of our community. Please help us serve our members by providing a welcoming environment for all!**

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