

GYM SCHEDULE

JULY 21-AUGUST 17

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am							
7 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
8 am							
9 am	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL		
10 am	8:30-10:30 am	8:30-10:30 am	8:30-10:30 am	8:30-10:30 am	8:30-10:30 am		
11 am	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Maria		
12 pm	AOA FOREVER FIT 12:15-1 pm Anneke	CHAIR YOGA 12:15-1 pm Vandana	AOA FOREVER FIT 12:15-1 pm Anneke	CHAIR YOGA 12:15-1 pm Vandana		OPEN GYM	
1 pm					OPEN GYM		OPEN GYM
2 pm			OPEN GYM				
3pm	OPEN GYM	OPEN GYM	CHALLENGER CAMP 2:30-4:30 pm	OPEN GYM	CHALLENGER CAMP 2:30-4:30 pm		OPEN VOLLEYBALL 3-4:45 pm
4 pm							
5 pm							
6 pm							
7 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 5-9 pm		
8 pm							

Open Gym / Family Gym any time there is not a scheduled activity, net sports not available during this time. Please allow for up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES / ACTIVITIES

PRE-REGISTRATION REQUIRED