

# GYM SCHEDULE

## AUGUST 18-24

### MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
6 am							
7 am							
8 am						OPEN GYM	
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							
12 pm	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		
1 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	OPEN GYM	OPEN GYM
2 pm							OPEN VOLLEYBALL
3pm	BASKETBALL CLINIC 1:30-4:30 pm	BASKETBALL CLINIC 1:30-4:30 pm	BASKETBALL CLINIC 1:30-4:30 pm	BASKETBALL CLINIC 1:30-4:30 pm	CHALLENGER CAMP 2-3:30 pm		
4 pm					OPEN GYM		
5 pm							
6 pm							
7 pm	YOUTH SPORTS 5-9 pm	YOUTH SPORTS 5-9 pm	OPEN GYM	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

# GYM SCHEDULE

## AUGUST 25-31

### MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
6 am							
7 am							
8 am	OPEN PICKLEBALL 8:30-10:30 am	TOT TIME 9:30-10:30 am Y Staff	OPEN PICKLEBALL 8:30-10:30 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN GYM	
9 am							
10 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	OPEN GYM	OPEN GYM
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			
1 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm	OPEN PICKLEBALL 1:15-2:45 pm			
2 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			OPEN VOLLEYBALL 3-4:45 pm
3pm							
4 pm							
5 pm	OPEN GYM	VOLLEYBALL CLINIC 4-9 pm	VOLLEYBALL CLINIC 4-9 pm	OPEN GYM			
6 pm							
7 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