

GYM SCHEDULE

SEPTEMBER 1-7

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	<div>BRANCH CLOSED</div> <div>All YMCA of Snohomish County locations will be closed in observance of Labor Day.</div>	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
6 am							
7 am							
8 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		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		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 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 GYM	OPEN VOLLEYBALL 3-4:45 pm
3pm		VOLLEYBALL CLINIC 1:30-4:30 pm	VOLLEYBALL CLINIC 1:30-4:30 pm				
4 pm							
5 pm							
6 pm			OPEN GYM				
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

GYM SCHEDULE

SEPTEMBER 8-14

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		TOT TIME 9:30-10:30 am Y Staff								
9 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN PICKLEBALL 8:30-10:30 am	BEGINNER PICKLEBALL 8:30-10:30 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			
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										
2 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	OPEN GYM		OPEN VOLLEYBALL 3-4:45 pm			
3pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM						
4 pm			YOUTH SPORTS 4:45-6 pm							
5 pm			6-7:30 pm HALF GYM							
6 pm			OPEN GYM							
7 pm										
8 pm			OPEN GYM							

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