

GYM SCHEDULE

SEPTEMBER 29-OCTOBER 5

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											
9 am	OPEN PICKLEBALL	TOT TIME	OPEN PICKLEBALL	OPEN PICKLEBALL		OPEN GYM	OPEN GYM				
10 am	8:30-10:30 am	9:30-10:30 am Y Staff	8:30-10:30 am	8:30-10:30 am							
11 am	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT						
12 pm	11 am-Noon Anneke	11 am-Noon Debbie	11 am-Noon Anneke	11 am-Noon Debbie	11 am-Noon Maria						
1 pm	AOA FOREVER FIT	CHAIR YOGA	AOA FOREVER FIT	CHAIR YOGA		OPEN GYM	OPEN GYM				
	12:15-1 pm Anneke	12:15-1 pm Vandana	12:15-1 pm Anneke	12:15-1 pm Vandana							
2 pm	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL							
	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm							
3pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN VOLLEYBALL				
4 pm											
5 pm											
6 pm							VOLLEYBALL PRACTICE	VOLLEYBALL PRACTICE	VOLLEYBALL PRACTICE	OPEN GYM	
	5-8 pm	5-6:30 pm	5-7:30 pm								
7 pm	OPEN GYM	OPEN GYM	7:30-8:45 pm	HALF GYM							
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