

GYM SCHEDULE

OCTOBER 20-26

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				OPEN GYM	
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	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	OPEN GYM		
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							
4 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
5 pm	VOLLEYBALL PRACTICE 5-6:30 pm	VOLLEYBALL PRACTICE 5-8 pm	VOLLEYBALL PRACTICE 5-9 pm	6:30-8 pm HALF GYM	HOOPS 3v3 Drop-in Basketball 6-9 pm		
6 pm							
7 pm	OPEN GYM						
8 pm		OPEN GYM		OPEN GYM			

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