

GYM SCHEDULE

NOVEMBER 3-9

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		TOT TIME	OPEN PICKLEBALL	OPEN PICKLEBALL				
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 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	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			
2 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			4:30-5:30 pm HALF GYM	OPEN VOLLEYBALL 3-4:45 pm	
3pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM					
4 pm									
5 pm	VOLLEYBALL PRACTICE 5-8 pm	VOLLEYBALL PRACTICE 5-7 pm	VOLLEYBALL PRACTICE 5-9 pm	VOLLEYBALL PRACTICE 5-8 pm	HOOPS 3v3 Drop-in Basketball 6-9 pm				
6 pm									
7 pm									
8 pm	OPEN GYM	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