

# GYM SCHEDULE

## NOVEMBER 10-16

### 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                     |                                                        | YOUTH SPORTS<br>8:30 am-4 pm |                              |
| 10 am | 8:30-10:30 am                           | 9:30-10:30 am<br>Y Staff            | 8:30-10:30 am                           | 8:30-10:30 am                       |                                                        |                              | MIRACLE LEAGUE<br>9-11 am    |
| 11 am |                                         |                                     |                                         |                                     |                                                        |                              |                              |
| 12 pm | AOA FOREVER FIT<br>11 am-Noon<br>Anneke | ZUMBA GOLD<br>11 am-Noon<br>Debbie  | AOA FOREVER FIT<br>11 am-Noon<br>Anneke | ZUMBA GOLD<br>11 am-Noon<br>Debbie  | AOA FOREVER FIT<br>11 am-Noon<br>Maria                 |                              |                              |
| 1 pm  | AOA FOREVER FIT<br>12:15-1 pm<br>Anneke | CHAIR YOGA<br>12:15-1 pm<br>Vandana | AOA FOREVER FIT<br>12:15-1 pm<br>Anneke | CHAIR YOGA<br>12:15-1 pm<br>Vandana | VETERAN'S DAY<br>THANKSGIVING<br>POTLUCK<br>12-3:30 pm |                              | OPEN GYM                     |
| 2 pm  | OPEN PICKLEBALL<br>1:15-2:45 pm         | OPEN PICKLEBALL<br>1:15-2:45 pm     | OPEN PICKLEBALL<br>1:15-2:45 pm         | OPEN PICKLEBALL<br>1:15-2:45 pm     |                                                        |                              |                              |
| 3pm   |                                         |                                     |                                         |                                     |                                                        |                              |                              |
| 4 pm  | OPEN GYM                                | OPEN GYM                            | OPEN GYM                                | OPEN GYM                            |                                                        |                              | OPEN VOLLEYBALL<br>3-4:45 pm |
| 5 pm  |                                         |                                     |                                         |                                     |                                                        | OPEN GYM                     |                              |
| 6 pm  | VOLLEYBALL PRACTICE<br>5-8 pm           | VOLLEYBALL PRACTICE<br>5-8 pm       | VOLLEYBALL PRACTICE<br>5-9 pm           | VOLLEYBALL PRACTICE<br>5-8 pm       | HOOPS 3v3<br>Drop-in<br>Basketball<br>6-9 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