

GYM SCHEDULE

NOVEMBER 24-30

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5 am	OPEN GYM	OPEN GYM	OPEN GYM	BRANCH CLOSED All YMCA of Snohomish County locations will be closed in observance of Thanksgiving.	OPEN GYM	OPEN GYM					
6 am											
7 am											
8 am		TOT TIME 9:30-10:30 am Y Staff			OPEN GYM	OPEN GYM					
9 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN PICKLEBALL 8:30-10:30 am		AOA FOREVER FIT 11 am-Noon Maria	YOUTH SPORTS 8:30 am-4 pm					
10 am											
11 am	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Anneke			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								
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 GYM	OPEN GYM	OPEN VOLLEYBALL 3-4:45 pm				
3pm	OPEN GYM	OPEN GYM	OPEN GYM								
4 pm											
5 pm											
6 pm											
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