

GYM SCHEDULE

DECEMBER 1-7

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	OPEN GYM
10 am	8:30-10:30 am	9:30-10:30 am	8:30-10:30 am	8:30-10:30 am			
11 am	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT	ZUMBA GOLD			
12 pm	11 am-Noon Anneke	11 am-Noon Debbie	11 am-Noon Anneke	11 am-Noon Debbie			
1 pm	AOA FOREVER FIT	CHAIR YOGA	AOA FOREVER FIT	CHAIR YOGA	OPEN GYM	8:30 am-4 pm	OPEN GYM
2 pm	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL			
3pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
4 pm							
5 pm							
6 pm							
7 pm	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	OPEN GYM	OPEN VOLLEYBALL
8 pm	5-8 pm	5-8 pm	5-8 pm	5-8 pm	5-8 pm		
	OPEN GYM	OPEN GYM	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