

GYM SCHEDULE

JANUARY 5 – 11

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN GYM	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					
9 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN PICKLEBALL 8:30-10:30 am	OPEN 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	YOUTH SPORTS 8:30 am-5 pm	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			
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
3 pm				OPEN GYM			
4 pm	OPEN GYM	OPEN GYM	OPEN GYM				
5 pm	BASKETBALL PRACTICE 5-8 pm	BASKETBALL PRACTICE 5-8 pm	BASKETBALL PRACTICE 5-8 pm	BASKETBALL PRACTICE 3:45-8 pm	BASKETBALL PRACTICE 5-8 pm		
6 pm							
7 pm							
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