

GYM SCHEDULE

JANUARY 19–FEBRUARY 8

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	MIRACLE LEAGUE
10 am	8:30-10:30 am	9:30-10:30 am	8:30-10:30 am	8:30-10:30 am			
11 am							
12 pm	AOA FOREVER FIT	ZUMBA GOLD	AOA FOREVER FIT	ZUMBA GOLD			
	11 am-Noon	11 am-Noon	11 am-Noon	11 am-Noon	11 am-Noon	8:30 am-5 pm	OPEN GYM
1 pm	Anneke	Debbie	Anneke	Debbie	Maria		
2 pm	AOA FOREVER FIT	CHAIR YOGA	AOA FOREVER FIT	CHAIR YOGA	OPEN GYM		
3pm	12:15-1 pm	12:15-1 pm	12:15-1 pm	12:15-1 pm			
4 pm	Anneke	Vandana	Anneke	Vandana			
5 pm	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PICKLEBALL			
	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm	1:15-2:45 pm			OPEN VOLLEYBALL
6 pm				OPEN GYM			
7 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
8 pm							
	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE	BASKETBALL PRACTICE		
	5-8 pm	5-8 pm	5-8 pm	3:45-8 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