

# GYM SCHEDULE

## FEBRUARY 9-15

### 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						OPEN GYM	
9 am	OPEN PICKLEBALL		TOT TIME	OPEN PICKLEBALL	BEGINNER PICKLEBALL		
10 am	8:30-10:30 am		9:30-10:30 am Y Staff	8:30-10:30 am	8:30-10:30 am		
11 am						YOUTH SPORTS 8:30 am-5 pm	MIRACLE LEAGUE 9-11 am
12 pm	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		OPEN GYM
1 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	OPEN GYM		
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	
3pm				OPEN GYM			OPEN VOLLEYBALL 3-4:45 pm
4 pm	OPEN GYM	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

# GYM SCHEDULE

## FEBRUARY 16-22

### 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						OPEN GYM	
9 am	BEGINNER / INTERMEDIATE 8:30-9:30 am 	TOT TIME 9:30-10:30 am Y Staff	BEGINNER / INTERMEDIATE 8:30-9:30 am 	BEGINNER / INTERMEDIATE 8:30-9:30 am 		MIRACLE LEAGUE 9-11 am	
10 am	OPEN PICKLEBALL 9:30-10:30 am		OPEN PICKLEBALL 9:30-10:30 am	OPEN PICKLEBALL 9:30-10:30 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
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	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			
2 pm						OPEN GYM	OPEN VOLLEYBALL 3-4:45 pm
3pm							
4 pm							
5 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
6 pm							
7 pm							
8 pm							

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DROP IN CLASSES / ACTIVITIES

PRE-REGISTRATION REQUIRED