

# GYM SCHEDULE

FEBRUARY 9-15

MILL CREEK FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am							
7 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
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	8:30-10:30 am	8:30-10:30 am			MIRACLE LEAGUE 9-11 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	
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			OPEN GYM
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	
3pm				OPEN GYM			
4 pm	OPEN GYM	OPEN GYM	OPEN GYM				OPEN VOLLEYBALL 3-4:45 pm
5 pm							
6 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		
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							
6 am							
7 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
8 am					OPEN GYM	OPEN GYM	
9 am	BEGINNER / INTERMEDIATE 8:30-9:30 am 		BEGINNER / INTERMEDIATE 8:30-9:30 am 	BEGINNER / INTERMEDIATE 8:30-9:30 am 			
10 am	OPEN PICKLEBALL 9:30-10:30 am 	TOT TIME 9:30-10:30 am Y Staff	OPEN PICKLEBALL 9:30-10:30 am	OPEN PICKLEBALL 9:30-10:30 am			MIRACLE LEAGUE 9-11 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	
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			OPEN GYM
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			
3pm							OPEN VOLLEYBALL 3-4:45 pm
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