

GYM SCHEDULE

FEBRUARY 23-MARCH 1

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 			
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						YOUTH SPORTS 8:30 am-5 pm	
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			
3 pm							
4 pm	OPEN GYM	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