

# GYM SCHEDULE

MAY 18-24

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	<b>BEG/INT PICKLEBALL</b> 8:30-9:30 am		<b>BEG/INT PICKLEBALL</b> 8:30-9:30 am	<b>BEG/INT PICKLEBALL</b> 8:30-9:30 am			
10 am	<b>OPEN PICKLEBALL</b> 9:30-10:30 am	<b>TOT TIME</b> 9:30-10:30 am Y Staff	<b>OPEN PICKLEBALL</b> 9:30-10:30 am	<b>OPEN PICKLEBALL</b> 9:30-10:30 am			
11 am							
12 pm	<b>AOA FOREVER FIT</b> 10:45-1:15pm Charlie	<b>ZUMBA GOLD</b> 10:45-12:00pm Debbie	<b>AOA FOREVER FIT</b> 10:45-1:15pm Charlie	<b>ZUMBA GOLD</b> 10:45-12:00pm Debbie	<b>AOA FOREVER FIT</b> 10:45-11:45pm Maria		
1 pm		<b>CHAIR YOGA</b> 12:00-1:15pm Vandana		<b>CHAIR YOGA</b> 12:00-1:15pm Tracie			
2 pm	<b>OPEN PICKLEBALL</b> 1:15-2:45 pm	<b>OPEN PICKLEBALL</b> 1:15-2:45 pm	<b>OPEN PICKLEBALL</b> 1:15-2:45 pm	<b>OPEN PICKLEBALL</b> 1:15-2:45 pm			
3 pm							
4 pm					OPEN GYM		<b>OPEN VOLLEYBALL</b> 3:00-5:00pm
5 pm							
6 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
7 pm							
8 pm							

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**