

GYM SCHEDULE

June 1-7

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	BEG/INT PICKLEBALL 8:30-9:30 am		BEG/INT PICKLEBALL 8:30-9:30 am	BEG/INT PICKLEBALL 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							
12 pm	AOA FOREVER FIT 10:45-1:15 pm Charlie	ZUMBA GOLD 10:45-Noon Debbie	AOA FOREVER FIT 10:45-1:15 pm Charlie	ZUMBA GOLD 10:45-Noon Debbie	AOA FOREVER FIT 10:45-11:45 pm Maria		
1 pm		CHAIR YOGA Noon-1:15 pm Vandana		CHAIR YOGA Noon-1:15 pm Tracie		OPEN GYM	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 VOLLEYBALL 3-5 pm
5 pm							
6 pm	OPEN GYM	OPEN GYM	OPEN GYM				
7 pm				YOUTH SPORTS 6-8 pm			
8 pm				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