

GYM SCHEDULE

June 8-14

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	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 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-Noon Debbie	AOA FOREVER FIT 10:45-1:15pm Charlie	ZUMBA GOLD 10:45-Noon Debbie	AOA FOREVER FIT 10:45-Noon Maria	YOUTH SPORTS 8:30-5:30pm	OPEN GYM
1 pm		CHAIR YOGA Noon-1:15pm Vandana		CHAIR YOGA Noon-1:15pm Tracie			
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 GYM		OPEN VOLLEYBALL 3:00-5:00pm
5 pm							
6 pm	YOUTH SPORTS 5:00-9:00pm	YOUTH SPORTS 5:00-9:00pm	YOUTH SPORTS 5:00-8:00pm	YOUTH SPORTS 5:00-9:00pm	YOUTH SPORTS 5:00-9:00pm		
7 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