



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SNOQUALMIE VALLEY YMCA - GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Open Basketball (16+) 5:00am-6:00am	Cycle Fusion 5:30am-6:30am	Open Basketball (16+) 5:00am-6:00am	Cycle Fusion 5:30am-6:30am	Open Basketball (16+) 5:00am-6:00am	CLOSED	CLOSED
6	Open Gym 6:00am- 8:45am	Open Gym 6:30am-8:30am	Open Gym 6:00am - 8:45am	Open Gym 6:30am-8:30am	Open Gym 6:00am-8:30am		
7	Cardio-Strength 8:45am-9:30am						
8							
9	Zumba 9:30am—10:30am	Cycle Fusion 8:45am -9:45am	Cardio Strength 8:45am—9:45am	Cycle Fusion 8:45am -9:30am	Zumba 8:45am-9:45am	Boot Camp 9am-9:50am	Futsal 8:30am—11:00am
10	Open Gym 10:00am-1:00pm	Family Gym 9:45—12:00	Open Gym 10:00am-1:00pm	Family Gym 9:30am—12:00pm	Zumba Gold 10:00am—11:00 am	Birthday Parties 10:00am—11:00am	Open Basketball 11:00am—1:00pm
11							
12pm		Lunchtime Basketball 12:00pm-2:30pm	Lunchtime Basketball 12:00pm-2:30pm	Lunchtime Basketball 12:00pm-2:30pm		Birthday Parties 1:00pm—2:00pm	B-Day Parties 1p—2p
1	Itty Bitty Sports 1:00pm-2:00pm						Itty Bitty Sports 1:00pm-2:00pm
2	After School Hoops 3:00pm—4:00pm	After School Hoops 3:00pm—4:00pm	Kids U 2:30pm—4:00pm	After School Hoops 3:00—4:00pm	After School Hoops 3:00pm—4:00pm	Open Gym 2:00pm—4:00pm	Open Gym 4:00pm—6:00pm
3	Kids U 4:00pm—5:15pm	Kids U 4:00pm—6:30pm	Teen After Zone 4:00pm—5:00pm	Kids U 4:00pm—6:30pm			
4	Cycle 5:15pm—6:10pm	Teen Club Dodge Ball 6:30pm—7:30pm	Cycle 5:15pm—6:10pm	Boot Camp 6:15pm—7:10pm	Open Gym 6:30pm—7:30pm	Family Programs (1st Friday of Month)	
5							
6	Boot Camp 6:15pm—7:10pm		Boot Camp 6:15pm—7:10pm	Open Gym 6:30pm—7:30pm	Family Programs (1st Friday of Month)	Updated 5/01/2012	
7	Zumba 7:15pm—8:15pm		Zumba 7:15pm—8:15pm	Open Basketball 7:30pm—9:00pm (16+)	Family Gym (2nd, 3rd and 4th Friday of Month)		
8	Open Basketball (16+) 8:15pm—9:00pm	Open Volleyball (16+) 7:30pm—9:00pm	Open Gym 8:15pm—9:00pm		6:30pm—8:00pm		
9				Futsal 8pm - 9pm			