

FAMILY GYM

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:00-7:00 a.m.		Open 5-9:15	Open 5-8:30	Open 5-9:15	Open 5-8:30	Open 5-9:30	
7:30 a.m.							
8:30 a.m.			Youth Sports and Recreation Class 9-10:30	Pilates 9:30-10:30	Woodinville Montessori 9-3	Home Zone 9:30-3:30	Body Shop 9-10
9:00 a.m.		Pilates 9:30-10:30					Kids Gym Time 10:45-11:30
9:30 a.m.	Open 10-1	Open 11:45-1	Home Zone 11-3:30	Home Zone 1-3:30			
10:00 a.m.					Kids Gym Time 10:45-11:30	Open 11:45-1	
10:30 a.m.					Open 11:45-1	Open 11:45-1	
11:00 a.m.	Youth Sports 1-5	Home Zone 1-3:30	Home Zone 11-3:30	Home Zone 1-3:30	Open 3-4	Open 3:30-10 (Except 2nd Friday of each month, Family Night free to all from 6 to 8 p.m.)	
11:30 a.m.							
12:00 p.m.							
12:30 p.m.							
1:00 p.m.		Home Zone 1-3:30	Home Zone 11-3:30	Home Zone 1-3:30	Open 3-4	Open 3:30-10 (Except 2nd Friday of each month, Family Night free to all from 6 to 8 p.m.)	
1:30 p.m.							
2:00 p.m.		Youth Rec Class 4:30-6	Gymnastics 3:30-7	Youth Rec Class 4:30-6	Youth Sports 4-9		
2:30 p.m.							
3:00 p.m.		Open 3:30-4:30	Gymnastics 3:30-7	Youth Rec Class 4:30-6	Youth Sports 4-9		
3:30 p.m.							
4:00 p.m.		Youth Rec Class 4:30-6	Gymnastics 3:30-7	Youth Rec Class 4:30-6	Youth Sports 4-9		
4:30 p.m.							
5:00 p.m.		Step 6-7	Gymnastics 3:30-7	Youth Rec Class 4:30-6	Youth Sports 4-9		
5:30 p.m.							
6:00 p.m.	Zumba 7:15-8	Youth Sports 7-9	Tae Kwon Do 7-8:30	Open 9-10			
6:30 p.m.							
7:00 p.m.	Open 8-10	Youth Sports 7-9	Tae Kwon Do 7-8:30	Open 9-10			
7:30 p.m.							
8:00-10:00 p.m.		Open 8-10	Open 9-10	Open 8:30-10	Open 9-10		

Everyone is welcome. Financial assistance is available.

The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.