



SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST) – February 1–18, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 – 6:20am	Open Gym 5 – 7am	P90X 5:20 – 6:20am	Open Gym 5 – 7am	P90X 5:20 – 6:20am		
6							
7	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Open Gym 7 – 9am	
8							Open Gym 8 – 10:30am
9	Bootcamp 9:15 – 10:15am	Open Gym 9 – 10:30am	P90X 9:15 – 10:15am	Open Gym 9 – 10:15am	HIIT/CORE 9:15 – 10:30am	Bootcamp 9:05 – 10am	
10	Parkinson's 10:15am – 11:45pm	Bootcamp 10:30 – 11:15am	Open Gym 10:15am – 4:30pm		Kid Zone 10:30 – 11:30am	Rookie Basketball*** 10am – 12:30pm	Pickleball 10:30am – 12:30pm
11	Open Gym 11:45am – 4:30pm	Open Gym 11:15am – 4:30pm		Total Body Sculpt 10:15 – 10:45am	Open Gym 11:30am – 1:30pm		
12pm				Open Gym** 10:45am – 4:30pm	Kids University 1:30 – 3:30pm	Birthday Parties 12:30 – 2:30pm	Birthday Parties 12:30 – 2:30pm
1							
2							
3							
4	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Open Gym* 3:30 – 9pm	Open Gym 2:30 – 6pm	Open Gym 2:30 – 6pm
5							
6	P90X 6:15 – 7:10pm	Open Gym 6 – 7pm	Bootcamp 6:15 – 7:10pm	Open Gym 6 – 9pm			
7							
8	Open Gym 7:15–9pm	Open Volleyball (16+) 7 – 9pm	Open Gym 7:15 – 9pm				
9	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm		
10							

ATTENTION MEMBERS:

*The first and last Friday of the month are Family Programs activities instead of Open Gym

**Lunch & Jump is February 15 from 11am – 1:15pm

***Rookie Basketball ends February 17



SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST) – February 1–18, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am		
6							
7	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Open Gym 7 – 8am	
8						Cycle 8 – 8:55am	Open Gym 8 – 10:30am
9	Bootcamp 9:15 – 10:15am	Cycle 9:15 – 10:15am	P90X 9:15 – 10:15am	Cycle 9:15 – 10:15am	HIIT/CORE 9:15 – 10:30am	Bootcamp 9:05 – 10am	
10	Kids Zone 10:15 – 11:45am	Bootcamp 10:30 – 11:15am	Kid Zone 10:15 – 11:15am	Open Gym 10:30 – 11:30am	Kid Zone 10:30 – 11:30am	Rookie Basketball*** 10am – 12:30pm	Pickleball 10:30am – 12:30pm
11	Open Gym 11:45am – 3:30pm	Open Gym 11:15 – 3:30pm	Open Gym 11:15am – 3:30pm	Kids Zone** 11:30am – 12pm	Open Gym 11:30am – 1:30pm		
12pm				Open Gym** 12 – 3:30pm			
1							
2							
3					Kids University 1:30 – 6pm	Open Gym 2:30 – 6pm	Open Gym 2:30 – 6pm
4	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm			
5							
6	P90X 6:15 – 7:10pm	Open Gym 6 – 7pm	Bootcamp 6:15 – 7:10pm	Cycle 6:30 – 7:30pm	Open Gym* 6 – 9pm	ATTENTION MEMBERS: *The first and last Friday of the month are Family Programs activities instead of Open Gym **Lunch & Jump is February 15 from 11am – 1:15pm ***Rookie Basketball ends February 17	
7							
8	Open Gym 7:15 – 9pm	Open Volleyball (16+) 7 – 9pm	Open Gym 7:15 – 9pm	Open Gym 7:30 – 9pm			
9	Adult Basketball (16+) 9–10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm		
10							



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST) – February 19-23, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 - 6:20am	Open Gym 5 - 7am	P90X 5:20 - 6:20am	Open Gym 5 - 7am	P90X 5:20 - 6:20am		
6							
7	Open Gym 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Open Gym 7 - 9am	
8							Open Gym 8 - 10:30am
9	Bootcamp 9:15 - 10:15am	Cycle 9:15 - 10:15am	P90X 9:15 - 10:15am	Cycle 9:15 - 10:15am	HIIT/CORE 9:15 - 10:30am	Bootcamp 9:05 - 10am	
10	Parkinson's 10:15-11:45am	Bootcamp 10:30-11:15am		Open Gym 10:30 - 11:30am			Pickleball 10:30am - 12:30pm
11						Open Gym 10am - 12:30pm	
12pm			Open Gym 10:15am - 6pm				
1	Open Gym 11:45am - 6pm	Open Gym 11:15am - 7pm			Open Gym* 10:30am - 9pm	Birthday Parties 12:30 - 2:30pm	Birthday Parties 12:30 - 2:30pm
2							
3							
4				Open Gym 10:45am - 9pm			
5						Open Gym 2:30 - 6pm	Open Gym 2:30 - 6pm
6	P90X 6:15 - 7:10pm		Bootcamp 6:15 - 7:10pm			ATTENTION MEMBERS: *The first and last Friday of the month are Family Programs activities instead of Open Gym	
7							
8	Open Gym 7:15-9pm	Open Volleyball (16+) 7 - 9pm	Open Gym 7:15 - 9pm				
9	Adult Basketball (16+) 9 - 10pm	Adult Basketball (16+) 9 - 10pm	Adult Basketball (16+) 9 - 10pm	Adult Basketball (16+) 9 - 10pm			
10					Adult Basketball (16+) 9 - 10pm		



SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST) – February 19–23, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am			
6								
7	Open Gym 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Open Gym 7 – 8am		
8						Cycle 8– 8:55am	Open Gym 8 – 10:30am	
9	Bootcamp 9:15 – 10:15am	Kids Zone 9 – 11am	Kids Zone 9 – 11am	Kids Zone 9 – 11am	Kids Zone 9 – 11am	Bootcamp 9:05 – 10am		
10	Kids Zone 10:15 – 11:45am							
11	Open Gym 11:45am – 6pm	Kids University 11am – 12pm	Kids University 11am – 12pm	Kids University 11am – 12pm	Kids University 11am – 12pm	Open Gym 10am – 12:30pm	Pickleball 10:30am – 12:30pm	
12pm		Open Gym 12 – 1pm	Open Gym 12 – 1pm	Open Gym 12 – 1pm	Open Gym 12 – 1pm			
1		Kids University 1 – 6pm	Kids University 1 – 6pm	Kids University 1 – 6pm	Kids University 1 – 6pm	Kids University 1 – 6pm	Birthday Parties 12:30 – 2:30pm	Birthday Parties 12:30 – 2:30pm
2								
3								
4							Open Gym 2:30 – 6pm	Open Gym 2:30 – 6pm
5								
6	P90X 6:15 – 7:10pm	Open Gym 6 – 7pm	Bootcamp 6:15 – 7:10pm	Cycle 6:30 – 7:30pm	Open Gym* 6 – 9pm	<u>ATTENTION MEMBERS:</u> *The first and last Friday of the month are Family Programs activities instead of Open Gym		
7				Open Gym 7:30 – 9pm				
8	Open Gym 7:15 – 9pm	Open Volleyball ⁽¹⁶⁺⁾ 7 – 9pm	Open Gym 7:15 – 9pm					
9	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm			
10								



SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST) – February 24–28, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 – 6:20am	Open Gym 5 – 7am	P90X 5:20 – 6:20am	Open Gym 5 – 7am	P90X 5:20 – 6:20am		
6							
7	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Open Gym 7 – 9am	
8							Open Gym 8 – 10:30am
9	Bootcamp 9:15 – 10:15am	Open Gym 9 – 10:30am	P90X 9:15 – 10:15am	Open Gym 9 – 10:15am	HIIT/CORE 9:15 – 10:30am	Bootcamp 9:05 – 10am	
10	Parkinson's 10:15am – 11:45pm	Bootcamp 10:30 – 11:15am	Open Gym 10:15am – 4:30pm		Kid Zone 10:30 – 11:30am	Open Gym 10am – 12:30pm	Pickleball 10:30am – 12:30pm
11	Open Gym 11:45am – 4:30pm	Open Gym 11:15am – 4:30pm		Total Body Sculpt 10:15 – 10:45am	Open Gym 11:30am – 1:30pm		
12pm				Open Gym 10:45am – 4:30pm	Kids University 1:30 – 3:30pm		
1						Open Gym* 3:30 – 9pm	Birthday Parties 12:30 – 2:30pm
2							
3							
4	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Kids University 4:30 – 6pm	Open Gym* 3:30 – 9pm	Open Gym 2:30 – 6pm	Open Gym 2:30 – 6pm
5							
6	P90X 6:15 – 7:10pm	Open Gym 6 – 7pm	Bootcamp 6:15 – 7:10pm	Open Gym 6 – 9pm	ATTENTION MEMBERS: *The first and last Friday of the month are Family Programs activities instead of Open Gym		
7							
8	Open Gym 7:15–9pm	Open Volleyball (16+) 7 – 9pm	Open Gym 7:15 – 9pm				
9	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm			
10							



SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST) – February 24–28, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am	Cycle Circuit 5:20 – 6:20am	P90X 5:20 – 6:20am		
6							
7	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Kids University 7 – 9am	Open Gym 7 – 8am	
8						Cycle 8 – 8:55am	Open Gym 8 – 10:30am
9	Bootcamp 9:15 – 10:15am	Cycle 9:15 – 10:15am	P90X 9:15 – 10:15am	Cycle 9:15 – 10:15am	HIIT/CORE 9:15 – 10:30am	Bootcamp 9:05 – 10am	
10	Kids Zone 10:15 – 11:45am	Bootcamp 10:30 – 11:15am	Kid Zone 10:15 – 11:15am	Open Gym 10:30 – 11:30am	Kid Zone 10:30 – 11:30am	Open Gym 10am – 12:30pm	Pickleball 10:30am – 12:30pm
11	Open Gym 11:45am – 3:30pm	Open Gym 11:15 – 3:30pm	Open Gym 11:15am – 3:30pm	Kids Zone 11:30am – 12pm	Open Gym 11:30am – 1:30pm		
12pm				Open Gym 12 – 3:30pm			
1							
2						Birthday Parties 12:30 – 2:30pm	Birthday Parties 12:30 – 2:30pm
3							
4	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm	Kids University 3:30 – 6pm	Kids University 1:30 – 6pm	Open Gym 2:30 – 6pm	Open Gym 2:30 – 6pm
5							
6	P90X 6:15 – 7:10pm	Open Gym 6 – 7pm	Bootcamp 6:15 – 7:10pm	Cycle 6:30 – 7:30pm	Open Gym* 6 – 9pm	ATTENTION MEMBERS: *The first and last Friday of the month are Family Programs activities instead of Open Gym	
7							
8	Open Gym 7:15 – 9pm	Open Volleyball (16+) 7 – 9pm	Open Gym 7:15 – 9pm	Open Gym 7:30 – 9pm			
9	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm	Adult Basketball (16+) 9 – 10pm		
10							