



SMALL GYMNASIUM

Room Schedule for MARCH, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
HIIT 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly`	HIIT 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly	HIIT 5:30-6:30am Jana	Closed	Closed
Open Gym (All Ages) 6:45-9:30am	Circuit Training 7:30-8:30am Vicki	Open Gym (All Ages) 6:45-10:45am	Open Gym (All Ages) 6:45-9am	Open Gym (All Ages) 6:45-8:45am	Open Gym (All Ages) 7-8am	Open Gym (All Ages) 7-9:30am
	Circuit Training 9-10am Vicki		HIIT Express 9:30-10am Jenny	Circuit Training 9-10am Avivit	Bootcamp 8:15-9:15am Mihaela	Core Strength 9:45-10:15am Teresa
Pumped Express 9:45-10:30am Diana	Bootcamp 10:15-11:15am Riley		Total Body Conditioning 10:15-11am Vicki	Bootcamp 10:30-11:30am Tim	Open Gym (All Ages) 9:30-10:30am	Zumba 10:30-11:30am Yang
Bootcamp 11am-12pm Tim	AOA Cardio 11:30am-12:30pm Avivit	Bootcamp 11am-12pm Shiloah	Line Dancing 11:15am-12:15pm Vicki		Zumba Toning 10:45-11:45am Alisha	
AFTERNOON/EVENING CLASSES						
Open Gym (All Ages) 12:15-4:30pm	Open Gym (All Ages) 12:15-5pm	Open Gym (All Ages) 12:15-3:45pm	Open Gym (All Ages) 12:30-3:45pm	Zumba 12-1pm Jessica	Open Gym (All Ages) 12-2pm	Reserved for Birthday Parties** 12-1:30pm
		YMCA Program** 4-4:30pm		Open Gym (All Ages) 1:15-10pm Reserved for YMCA program on 3/16 from 5:30-10pm	Middle School Basketball (Ages 11-14) 2:15-3:30pm	Open Gym (All Ages) 1:45-3:30pm
Core Strength 4:45-5:30pm Margie	YMCA Program** Kids U 5:15-5:45pm	Core Strength 4:45-5:30pm Margie	YMCA Program** Kids U 4-5pm	Open Gym (All Ages) 3:45-6:45pm	Open Gym (All Ages) 3:45-6:45pm	Teen Basketball (Ages 11-16) 3:45-6pm
Bootcamp 6-6:45pm Caleb	Total Body Conditioning 6-6:45pm Vicki	Bootcamp 6-6:45pm Mihaela	Open Gym (All Ages) 5:15-7:15pm Reserved for Kids U on 3/29 5-6pm		Adult Basketball (16+) 7-8pm	Closed
Zumba 7-8pm Jeanell	Zumba 7-8pm Jean	Zumba Toning 7-8pm Jeanell	Bollywood Fitness 7:15-8:15pm Deepti		Closed	
Adult Badminton (16+) 8:15-9:30pm	Open Gym (All Ages) 8:15-10pm	Teen Basketball (16+) 8:15-10pm	Open Gym (All Ages) 8:30-10pm			
COMING THIS MONTH	PARENT/CHILD SKILLS & DRILLS BASKETBALL Wednesdays, starting Mar 7, 4pm-4:30pm Children learn basic skills to help develop hand-eye and foot coordination as well as skill development and team work. Adult participation is required.		AOA DAY TRIP: NISQUALLY NATIONAL WILDLIFE REFUGE Friday Mar 23, 11am-3pm		FAMILY SNOWSHOE Saturday Mar 17, 11am-3pm Come and enjoy the snow in the beautiful Cascades this winter! We provide snowshoes, transportation and staff to guide you on your adventure into the mountains.	

** YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.