



SMALL GYMNASIUM

Room Schedule for JUNE 1-17, 2018 – Facility closed JUNE 18-24

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) 6-8am	Open Gym (All Ages) 6-9:30am
	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	Reserved for Birthday Parties** 11:30-12pm
AFTERNOON/EVENING CLASSES						
Open Gym (All Ages) 12:15-4:30pm	Open Gym (All Ages) 12:15-5:45pm	Open Gym (All Ages) 12:15-4:30pm	Open Gym (All Ages) 12:30-7pm	Zumba 12-1pm Jessica	Open Gym (All Ages) 12-2pm	Reserved for Birthday Parties** 12-1:30pm
		Core Strength 4:45-5:30pm Margie		Core Strength 4:45-5:30pm Margie	Open Gym (All Ages) 1:15-10pm Reserved for YMCA program** Family Fun Night on 6/15 from 5:30-10pm	Middle School Basketball (Ages 11-14) 2:15-3:30pm
Bootcamp 6-6:45pm (Rotating Instructor)		Total Body Conditioning 6-6:45pm Vicki		Bootcamp 6-6:45pm Mihaela		Open Gym (All Ages) 3:45-6:45pm Reserved for YMCA program** Family 70's Night on 6/16 from 6-7pm
Zumba 7-8pm Jeanell	Zumba 7-8pm Jean	Zumba Toning 7-8pm Jeanell		Bollywood Fitness 7:15-8:15pm Deepti	Adult Basketball (16+) 7-8pm	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	Closed	
MODIFIED FACILITY SCHEDULE		NET SPORTS		NET SPORTS (continued)		
COMING THIS MONTH		Monday, June 18 – Sunday, June 24: Facility closed for Facility Improvement Week		Table Tennis in Group Fitness 1 room: Monday: 3-5:30pm Tuesday: 8:30-9:30pm Wednesday: 3-4pm Thursday: 8:30-9:30pm Saturday: 12:30-7:30pm Sunday: 1:30-5:30pm		
		Badminton: see Small Gym, Large Gym, Central WA U schedules Basketball: see Small Gym, Large Gym, Central WA U schedules Pickleball: see Large Gym, Central WA U schedules Volleyball: see Large Gym, Central WA U schedules				

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