



SMALL GYMNASIUM

Room Schedule for NOVEMBER 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Separate modified facility schedules available for Nov 22-25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Tim	H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Tim	H.I.I.T. 5:30am-6:30am Jana	Closed	Closed
Open Gym 6:45am-9:30am	Circuit Training 7:30am-8:30am Vicki	Open Gym 6:45am-10:45am	Open Gym 6:45am-9am	Open Gym 6:45am-8:45am	Open Gym 6am-8am	Open Gym 6am-9:30am
	Circuit Training 9am-10am Vicki		H.I.I.T. Express 9:30am-10am Jenny	Circuit Training 9am-10am Avivit	Boot Camp 8:15am-9:15am Bushra	Core Strength 9:45am-10:15am Teresa
Strength Training- Barbell Pump Exp 9:45am-10:30am Diana	Boot Camp 10:15am-11:15am Riley		Total Body Conditioning 10:15am-11am Vicki	Boot Camp 10:30am-11:30am Tim	Open Gym 9:30am-10:30am	Zumba 10:30am-11:30am Yang
Boot Camp 11am-12pm Tim	AOA - Cardio Fitness 11:30am-12:30pm Avivit		Boot Camp 11am-12pm Jamie	Line Dancing 11:15am-12:15pm Vicki	Open Gym 11:30am-12pm	Zumba Toning 10:45am-11:45am Alisha
AFTERNOON/EVENING CLASSES						
Open Gym 12:15pm-4:30pm	Open Gym 12:45pm-2pm	Open Gym 12:15pm-2pm	Open Gym 12:30pm-2pm	Zumba 12pm-1pm Jessica	Open Gym 12pm-8pm	★ Reserved for Birthday Parties 12pm-1:30pm
	Boot Camp 2:15pm-3:15pm Jen		Boot Camp 2:15pm-3:15pm Jen	Open Gym 1:15pm-4pm		Open Gym 1:45pm-6pm
	Open Gym 3:30pm-4pm	★ YMCA Program 2pm-4:30pm	Open Gym 3:30pm-4pm	★ YMCA Program 4pm-5pm		
	★ YMCA Program 4pm-5pm		Core Strength 4:45pm-5:30pm Margie	Open Gym 5pm-7pm		Open Gym 5pm-10pm
Core Strength 4:45pm-5:30pm Margie	Open Gym 5pm-5:45pm	Core Strength 4:45pm-5:30pm Margie	Open Gym 5pm-7pm	Reserved for ★ YMCA program Family Fun Night : Fall Into Fun 11/30 6:30pm-8pm	Closed	
Boot Camp 6pm-6:45pm Megan	Total Body Conditioning 6pm-6:45pm Vicki	Open Gym 6pm-7pm	Bollywood - Fitness 7:15pm-8:15pm Deepti			
Zumba 7pm-8pm Liz	Zumba 7pm-8pm Jean	Zumba Toning 7pm-8pm Alisha	Open Gym 8:30pm-10pm			
Badminton - Adult 8:15pm-9:30pm	Open Gym 8:15pm-10pm	Open Gym 8:15pm-10pm				
COMING THIS MONTH	MODIFIED FACILITY SCHEDULE Thursday, Nov 22, Thanksgiving: 7am-12pm Friday, Nov 23, Day After Thanksgiving: 7am-10pm		NET SPORTS 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		NET SPORTS (continued) Table Tennis in Group Fitness 1 room: Monday: 3pm-5:30pm Tuesday: 8:30pm-9:30pm Wednesday: 3pm-4pm Thursday: 8:30pm-9:30pm Saturday: 12:30pm-7:30pm Sunday: 1:30pm-5:30pm	

★ YMCA Programs require registration. See Member Services for additional information.