



DECEMBER 1-19

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST) - 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Bootcamp 5:20 - 6:20am	Open Gym 5:00- 7:00am	P90X® 5:20 - 6:20am	Open Gym 5:00- 7:00am	Bootcamp 5:20 - 6:20am		
6							
7	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Open Gym 7:00 - 9:00am	
8							
9	Bootcamp 9:15 - 10:15am	Open Gym 9:00 - 10:00am	P90X® 9:15 - 10:15am	Open Gym ▼ 9:00am - 4:30pm	HIIT/CORE 9:15 - 10:30am	Barbell Pump 9:05 - 10:00am	
10	Pedal for Parkinson's 10:40am - 11:40am	Bootcamp 10:00 - 10:55am	Pedal for Parkinson's 10:40am - 11:40am		Open Gym 10:30am - 1:30pm	Open Gym 10:00am - 12:30pm	Open Gym 8:00am - 12:30pm
11	Open Gym ▼ 11:45am - 4:30pm	Open Gym * ▼ 11:15am - 4:30pm	Open Gym ▼ 11:45am - 4:30pm		Kids University 1:30 - 3:30pm		
12pm							
1						Birthday Parties 12:30 - 2:30pm	Birthday Parties 12:30 - 2:30pm
2							
3							
4	Kids University 4:30 - 5:45pm	Kids University 4:30 - 5:45pm	Kids University 4:30 - 5:45pm	Kids University 4:30 - 5:45pm	Open Gym ▼ 3:30 - 6:00pm	Open Gym 2:30 - 6:00pm	Open Gym 2:30 - 6:00pm
5							
6	P90X® 6:00 - 7:00pm	Open Gym 5:45 - 6:45pm	Open Gym 5:45 - 9:00pm	Open Gym 5:45 - 9:00pm	Pickleball** 6:00 - 8:00pm		<u>ATTENTION MEMBERS:</u> * Special Event (gym closed): December 4, 1:00 - 3:00pm ** Parents' Night Out: December 14, 6:00 - 9:00pm ▼ Open Gym for Community Teens: Monday - Thursday, 3:00-4:30pm Friday, 4:00 - 5:00pm
7							
8	Open Gym 7:00-9:00pm	Adult Volleyball (16+) 6:45 - 10:00pm			Open Gym** 8:00 - 10:00pm		
9	Adult Basketball (16+) 9:00 - 10:00pm		Adult Basketball (16+) 9:00 - 10:00pm	Adult Basketball (16+) 9:00 - 10:00pm			
10							



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SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST) - 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Bootcamp 5:20 - 6:20am	Cycle Circuit 5:20 - 6:20am	P90X® 5:20 - 6:20am	Cycle Circuit 5:20 - 6:20am	Bootcamp 5:20 - 6:20am		
6							
7	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Kids University 7:00 - 9:00am	Open Gym 7:00 - 8:00am	
8						Cycle 8:00 - 8:55am	
9	Bootcamp 9:15 - 10:15am	Cycle 9:05 - 9:50am	P90X® 9:15 - 10:15am	Cycle 9:15 - 10:15am	HIIT/CORE 9:15 - 10:30am	Barbell Pump 9:05 - 10:00am	Open Gym 8:00am - 12:30pm
10	Kids Zone 10:15 - 11:45am	Bootcamp 10:00 - 10:55am	Kid Zone 10:15 - 11:15am	Open Gym 10:30 - 11:30am	Kid Zone 10:30 - 11:30am	Open Gym 10:00am - 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 12:00 - 3:30pm			
1	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 1:30 - 6:00pm	Birthday Parties 12:30 - 2:30pm	Birthday Parties 12:30 - 2:30pm
2							
3	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 3:30 - 5:45pm	Kids University 1:30 - 6:00pm	Open Gym 2:30 - 6:00pm	Open Gym 2:30 - 6:00pm
4							
5	P90X® 6:00 - 7:00pm	Open Gym 5:45 - 6:45pm	Open Gym 5:45 - 9:00pm	Open Gym 5:45 - 9:00pm	Pickleball ** 6:00 - 8:00pm		
6							
7	Open Gym 7:00 - 9:00pm	Adult Volleyball (16+) 6:45 - 10:00pm	Open Gym 5:45 - 9:00pm	Open Gym 5:45 - 9:00pm	Open Gym ** 8:00 - 10:00pm		
8							
9	Adult Basketball (16+) 9:00 - 10:00pm	Adult Volleyball (16+) 6:45 - 10:00pm	Adult Basketball (16+) 9:00 - 10:00pm	Adult Basketball (16+) 9:00 - 10:00pm	Open Gym ** 8:00 - 10:00pm		
10							

ATTENTION MEMBERS:

* Special Event (gym closed):
December 4, 1:00 - 3:00pm

** Parents' Night Out:
December 14, 6:00 - 9:00pm