



JUNE 1-16

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X® 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 U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	OPEN GYM 7:00 - 9:00am	
8							
9	P90X® 9:15 - 10:15am	OPEN GYM 9:00 - 10:00am	P90X® 9:15 - 10:15am		H.I.I.T. 9:15 - 9:45am	BARBELL PUMP 9:15 - 10:15am	
10	FOAM ROLLING 10:20 - 10:40am	BOOTCAMP 10:00 - 10:55am	STRETCH - EXPRESS 10:20 - 10:50am	BOOTCAMP 9:30 - 10:30am	CORE STRENGTH 9:45 - 10:30am	OPEN GYM 10:15am - 12:30pm	OPEN GYM 8:00am - 12:30pm
11							
12pm	OPEN GYM ▶ 11:00am - 4:30pm	OPEN GYM ▶ 11:00am - 4:30pm	OPEN GYM ▶ 11:00am - 4:30pm	OPEN GYM ▶ 10:30am - 4:30pm			
1						BIRTHDAY PARTIES 12:30 - 2:30pm	BIRTHDAY PARTIES 12:30 - 2:30pm
2					OPEN GYM ▶* 10:30am - 10:00pm		
3							
4	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm	Community Teens Every Friday 4:00-5:00pm	OPEN GYM 2:30 - 6:00pm	OPEN GYM** 2:30 - 6:00pm
5					Women's Volleyball June 7 7:00-10:00pm		
6	P90X® 6:00 - 7:00pm	OPEN GYM 5:45 - 7:00pm	OPEN GYM 5:45 - 9:00pm	OPEN GYM 5:45 - 9:00pm	Parents Night Out: June 14 6:00-9:00pm		
7							
8	OPEN GYM 7:00-9:00pm						
9	ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT VOLLEYBALL (16+) 7:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm			
10							

ATTENTION MEMBERS:

▶ Open Gym for Community Teens:
Monday - Thursday, 3:00-4:30pm
Friday, 4:00 - 5:00pm

** Community Badminton:
June 9, 3:45- 6:00pm

Revised: 4.30.2019

