



JUNE 17-30

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	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 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 - 3:30pm	OPEN GYM ▶ 11:00am - 3:30pm	OPEN GYM ▶ 11:00am - 3:30pm	OPEN GYM ▶ 10:30am - 3:30pm	OPEN GYM ▶ 10:30am - 3:30pm		
1						BIRTHDAY PARTIES 12:30 - 2:30pm	BIRTHDAY PARTIES 12:30 - 2:30pm
2							
3							
4	SUMMER CAMP 3:30 - 5:45pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 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 6:00 - 7:00pm					
7			OPEN GYM 6:00 - 9:00pm	OPEN GYM 6:00 - 9:00pm			
8	OPEN GYM 7:00-9:00pm				OPEN GYM 6:00 - 10:00pm		
9	ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT VOLLEYBALL (16+) 7:00 - 10:00pm					
10			ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm			

ATTENTION MEMBERS:

▶ Open Gym for Community Teens:
Monday - Friday, 2:00-3:30pm

Revised: 5.1.2019



JUNE 17-30

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST)

	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	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	SUMMER CAMP 7:00 - 9:00am	OPEN GYM 7:00 - 9:00am	
8							
9	P90X® 9:15 - 10:15am	KIDS ZONE 9:00 - 10:00am	P90X® 9:15 - 10:15am	BOOTCAMP 9:30 - 10:30am	H.I.I.T. 9:15 - 9:45am	BARBELL PUMP 9:15 - 10:15am	OPEN GYM 8:00am - 12:30pm
10	KIDS ZONE 10:15 - 11:45am	BOOTCAMP 10:00 - 10:55am	KIDS ZONE 10:15 - 11:15am		CORE STRENGTH 9:45 - 10:30am	OPEN GYM 10:15am - 12:30pm	
11				KIDS ZONE 11:00am - 12pm	KIDS ZONE 10:30am - 11:30am		
12p	OPEN GYM 11:45am - 3:30pm	OPEN GYM 11:00 - 3:30pm	OPEN GYM 11:15am - 3:30pm	OPEN GYM 12:00 - 3:30pm	OPEN GYM 11:30am - 3:30pm	BIRTHDAY PARTIES 12:30 - 2:30pm	
1							
2						OPEN GYM 2:30 - 6:00pm	OPEN GYM 2:30 - 6:00pm
3	SUMMER CAMP 3:30 - 5:45pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 3:30 - 6:00pm	SUMMER CAMP 3:30 - 6:00pm		
4							
5							
6	P90X® 6:00 - 7:00pm	OPEN GYM 6:00 - 7:00pm	OPEN GYM 6:00 - 9:00pm	OPEN GYM 6:00 - 9:00pm	OPEN GYM 6:00 - 10:00pm	<u>ATTENTION MEMBERS:</u> Revised: 5.1.2019	
7							
8	OPEN GYM 7:00 - 9:00pm	ADULT VOLLEYBALL (16+) 7:00 - 10:00pm					
9	ADULT BASKETBALL (16+) 9:00 - 10:00pm		ADULT BASKETBALL (16+) 9:00 - 10:00pm				
10							