



SEPTEMBER 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST)

	MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	P90X® 5:20 - 6:20 AM	OPEN GYM 5:00 - 7:00 AM	P90X® 5:20 - 6:20 AM	OPEN GYM 5:00 - 7:00 AM			
6							
7	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	OPEN GYM 7:00 - 9:00 AM	
8							
9	P90X® 9:15 - 10:15 AM	OPEN GYM 9:15 - 10:00 AM	P90X® 9:15 - 10:15 AM		H.I.I.T. 9:15 - 9:45 AM	BARBELL PUMP 9:15 - 10:15 AM	
10	FOAM ROLLING 10:20 - 10:40 AM	BOOTCAMP 10:00 - 11:00 AM		BOOTCAMP 10:00 - 11:00 AM	CORE STRENGTH 9:45 - 10:30 AM	OPEN GYM 10:15 AM - 12:30 PM	OPEN GYM ♦ 8:00 AM - 12:30 PM
11					OPEN GYM ▶ 10:30 AM - 1:30 PM		
12 PM	OPEN GYM ▶ 11:00 AM - 3:30 PM	OPEN GYM ▶ 11:00 AM - 3:30 PM	OPEN GYM ▶ 11:00 AM - 3:30 PM	OPEN GYM ▶ 11:00 AM - 3:30 PM		BIRTHDAY PARTIES 12:30 - 2:30 PM	BIRTHDAY PARTIES 12:30 - 2:30 PM
1					KIDS U 1:30 - 3:30 PM		
2							
3							
4	KIDS U 4:30 - 5:45 PM	KIDS U 4:30 - 5:45 PM	KIDS U 4:30 - 5:45 PM	KIDS U 4:30 - 5:45 PM	OPEN GYM 3:30 - 10:00 PM	OPEN GYM 2:30 - 6:00 PM	OPEN GYM 2:30 - 6:00 PM
5							
6	P90X® 6:00 - 7:00 PM	OPEN GYM 6:00 - 7:00 PM		OPEN GYM 6:00 - 8:00 PM	<input type="checkbox"/> Women's Volleyball September 6 7:00 - 10:00 PM		
7	OPEN GYM 7:00 - 9:00 PM		OPEN GYM 6:00 - 9:00 PM		<input type="checkbox"/> PARENTS NIGHT OUT: September 13 6:00 - 9:00 PM		
8		ADULT VOLLEYBALL (16+) 7:00 - 10:00 PM		3 x 3 PICK UP BASKETBALL HALF COURT (14+) 8:00 - 10:00 PM			
9	ADULT BASKETBALL (16+) 9:00 - 10:00 PM		ADULT BASKETBALL (16+) 9:00 - 10:00 PM				
10							

ATTENTION MEMBERS:

- ▶ **Open Gym for Community Teens:**
Monday - Friday, 2:00 - 3:30 PM
- * **The YMCA will be closed on September 2,**
in honor of Labor Day.
- ♦ **Badminton:**
Sunday, 8:00 - 10:00 AM

Revised: 8.1.2019



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	MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	P90X® 5:20 - 6:20 AM	OPEN GYM 5:00 - 7:00 AM	P90X® 5:20 - 6:20 AM	OPEN GYM 5:00 - 7:00 AM			
6							
7	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	KIDS U 7:00 - 9:15 AM	OPEN GYM 7:00 - 9:00 AM	
8							
9	P90X® 9:15 - 10:15 AM	KIDS ZONE 9:15 - 10:00 AM	P90X® 9:15 - 10:15 AM		H.I.I.T. 9:15 - 9:45 AM	BARBELL PUMP 9:15 - 10:15 AM	OPEN GYM ♦ 8:00 AM - 12:30 PM
10	KIDS ZONE 10:15 - 11:45 AM	BOOTCAMP 10:00 - 11:00 AM	KIDS ZONE 10:15 - 11:15 AM	BOOTCAMP 10:00 - 11:00 AM	CORE STRENGTH 9:45 - 10:30 AM	OPEN GYM 10:15 AM - 12:30 PM	
11				KIDS ZONE 11:00 AM - 12 PM	KIDS ZONE 10:30 - 11:30 AM		
12 PM	OPEN GYM 11:45 AM - 3:30 PM	OPEN GYM 11:00 AM - 3:30 PM	OPEN GYM 11:15 AM - 3:30 PM	OPEN GYM 12:00 - 3:30 PM	OPEN GYM 11:30 AM - 3:30 PM	BIRTHDAY PARTIES 12:30 - 2:30 PM	BIRTHDAY PARTIES 12:30 - 2:30 PM
1							
2							
3							
4	KIDS U 3:30 - 5:45 PM	KIDS U 3:30 - 5:45 PM	KIDS U 3:30 - 5:45 PM	KIDS U 3:30 - 5:45 PM	KIDS U 3:30 - 5:45 PM	OPEN GYM 2:30 - 6:00 PM	OPEN GYM 2:30 - 6:00 PM
5							
6	P90X® 6:00 - 7:00 PM	OPEN GYM 6:00 - 7:00 PM	OPEN GYM 6:00 - 9:00 PM	OPEN GYM 6:00 - 8:00	OPEN GYM 6:00 - 10:00 PM	ATTENTION MEMBERS: * The YMCA will be closed on September 2, in honor of Labor Day. ♦ Badminton: Sunday, 8:00 - 10:00 AM Revised: 8.1.2019	
7	OPEN GYM 7:00 - 9:00 PM	ADULT VOLLEYBALL (16+) 7:00 - 10:00 PM					
8			3 x 3 PICK UP BASKETBALL HALF COURT (14+) 8:00 - 10:00 PM	<input type="checkbox"/> Women's Volleyball September 6 7:00 - 10:00 PM			
9	ADULT BASKETBALL (16+) 9:00 - 10:00 PM			<input type="checkbox"/> PARENTS NIGHT OUT: September 13 6:00 - 9:00 PM			
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