



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LARGE GYMNASIUM

Room Schedule for SEPTEMBER 2019

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
<b>MORNING CLASSES</b>														
Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Pickleball - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Pickleball - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Closed		Closed		
	Open Gym 6:30am-9:30am		Open Gym 6:30am-9:30am	Zumba 9:45am-10:45am Jessica			Open Gym 6:30am-9:30am		Open Gym 6:30am-9:15am	Open Gym 6:30am-9:15am	Open Gym 6am-9:15am	Basketball - Adult 6am-9:15am	Pickleball 6am-10am	Badminton - Adult 6am-8am
Zumba 9:45am-10:45am Christina		Open Gym 9:30am-10:15am	Strong by Zumba 9:45am-10:15am Rachel	Open Gym 11am-12pm	Core Strength 11am-11:30am Tim	Zumba 9:45am-10:45am Rachel		Open Gym 9:30am-12pm	Zumba Gold 9:30am-10:25am Diana	Zumba 9:30am-10:30am Christina		Badminton - Family 8am-11:45am		
Open Gym 11am-12pm	Zumba Gold 11am-11:55am Diana	Zumba 10:30am-11:30am Rachel			Open Gym 11:30am-12pm	Basketball - Adult 11am-12pm	Open Gym 11am-12pm		Strong by Zumba 10:45am-11:45am Liz	Open Gym 10:45am-12pm	Open Gym 10:30am-12pm			
<b>AFTERNOON/EVENING CLASSES</b>														
Open Gym 12pm-10pm	Open Gym 12pm-4pm	Open Gym 12pm-10pm	Open Gym 12pm-6pm	Open Gym 12pm-8pm	Reserved for ★ Intro to Youth Badminton 5:30-6:15pm 9/11 - 10/16 ★ Tween Badminton 6:15-7:15pm 9/11 - 10/16	Open Gym 12pm-8pm	Open Gym 12pm-6:30pm	Open Gym 12pm-7:30pm	Open Gym 12pm-7pm	Open Gym 12pm-3:45pm	Open Gym 3:45pm-5:45pm	Badminton - Family 4pm-5:45pm	Open Gym 12pm-6pm	Open Gym 12pm-6pm
	★ YMCA Program 4pm-5pm													
	Open Gym 5pm-6:30pm													
	Basketball - Adult 6:30pm-10pm													
		Badminton - Family 6:30pm-9:30pm	Basketball - Adult 8:15pm-10pm	Basketball - Adult 7:30pm-10pm	Volleyball - Adv Adult (must know 6-2 Rotation) 8:30pm-9:30pm	Volleyball - Adult 7pm-9:30pm	Open Gym - Teen 7:30pm-10pm	Volleyball - Family 7:30pm-9:30pm	Volleyball - Family 6pm-7:30pm	Badminton - Adult 6pm-7:30pm	Closed			
<b>COMING THIS MONTH</b>		<b>MODIFIED FACILITY SCHEDULE</b>				<b>NET SPORTS</b>				<b>NET SPORTS (continued)</b>				
						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				Table Tennis in Group Fitness 1 room: Monday: 3pm-5:30pm      Thursday: 8:30pm-9:30pm Tuesday: 8:30pm-9:30pm      Saturday: 12:30pm-7:30pm Wednesday: 3pm-4pm      Sunday: 1:30pm-5:30pm				

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