



LARGE GYM

Room Schedule for October 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		FACILITY OPENS AT 8 AM	
Badminton 7am-9:30am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Pickleball 8am-10:00am	
ZUMBA® 10:00am-11:00am Rachelle		ZUMBA® 10:00am-11:00am Rachel/Liz		ZUMBA® 10:00am-11:00am Hsiaoling		Badminton 7am-11:00am		ZUMBA® 10:00am-11:00am Rachel		Badminton 7am-11:00am	
Open Gym 11:15am-5:00pm		Open Gym 11:15am-8:00pm		Open Gym 11:15am-8:00pm		Open Gym 11:15pm-3:30pm		Open Gym 11:15am-5:30pm		Open Gym 11:15pm-5:00pm	
Badminton-Adult 5:30pm-7:30pm						Volleyball 18yrs+ 5:30pm-7:30pm		Badminton - Adult 5:30pm-7:30pm		Basketball 18+ 5:30pm-7:45pm	
								Badminton - Family 5:30pm-7:30pm		FACILITY CLOSING AT 3 PM	
										FACILITY CLOSING AT 3 PM	

FACILITY SCHEDULE
Monday—Friday 6am–8am
Saturday & Sunday 8am–3pm

Join Group Exercise online at the Virtual Y! Included with membership. Visit seattlemca.org/VirtualY





SMALL GYM

Room Schedule for October 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & Conditioning 7:00am-8:00am Tim	Cycle-All Levels 6:15am-7:15am Janis	Open Gym 6am-8:00am	Cycle-All Levels 6:15am-7:15am Janis	Open Gym 6am-8:00am	FACILITY OPENS AT 8 AM	FACILITY OPENS AT 8 AM
Cycle 8:30am-9:30am Tim	Boot Camp 8:00am-9:00am Kristin	Cycle 8:30am-9:30am Tim	Open Gym 7:45am-9:30am	Cycle 8:30am-9:30am Tim	Open Gym 8:00am-9:45am	Open Gym 8am-3pm
Open Gym 9:45am-11:00am	Open Gym 9:30am-5:30pm	Open Gym 9:45am-6:00pm	Strength & Conditioning 10:00am-11:00pm Vicki	Open Gym 9:45am-5:00pm	Zumba® 10:00am-11:00am Rachelle/Kristin	
AOA Circuit 11:30am-12:30pm Sue			Open Gym 11:30am-5:30pm		Open Gym 11:30pm-3:00pm	
Open Gym 1:00pm-5:30pm	STRONG NATION® 5:45-6:30PM Rachel		STRONG NATION® 5:45-6:30PM Rachel	Volleyball-Family 5:30pm-7:30pm	FACILITY CLOSSES AT 3 PM	FACILITY CLOSSES AT 3 PM
Cycle-All Levels 6:00am-7:00pm Teresa	ZUMBA® 6:45pm-7:45pm Rachel	Circuit 6:30pm-7:30pm Riley	ZUMBA® 6:45pm-7:45pm Rachelle			

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