



NORTHSHORE FAMILY GYM SCHEDULE

**OCT
2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00– 11:00am OPEN GYM	6:00–8:50AM OPEN GYM	6:00–8:50AM OPEN GYM	6:00–8:50AM OPEN GYM	6:00–9:00AM OPEN GYM	
			9:15– 10:00AM AOA CARDIO & STRENGTH		9:30– 10:30AM AOA CARDIO & STRENGTH	
		9:00–10:45AM PICKLEBALL		9:00–10:45AM PICKLEBALL		8:15-10:00AM PICKLEBALL
	11:15–12:00PM STRENGTH & BALANCE		10:15–11:00AM AOA CARDIO & STRENGTH			
8:00AM–2:45PM OPEN GYM					10:45AM –3:45PM OPEN GYM	10:15–2:45PM Youth Sports
		11:00AM–6:00PM OPEN GYM		11:00AM –6:00PM OPEN GYM		
	12:15–7:50PM OPEN GYM		11:15AM–7:50PM OPEN GYM		4:00–7:00PM YOUTH SPORTS *Starts Sept 17*	
		6:15–7:05PM BARRE		6:15–7:05PM BARRE		
		7:15–8:00PM ZUMBA		7:15–8:00PM ZUMBA	7:15 –7:50PM OPEN GYM	

FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, clairewilliams@seattleyymca.org