



NORTHSHORE MAIN GYM SCHEDULE

**NOV
2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00 —9:45AM OPEN GYM				
8:00AM-3:00PM OPEN GYM	6:00AM — 7:45PM OPEN GYM	10:00—10:45AM BEGINNER LINE DANCING	6:00AM — 7:45PM OPEN GYM	6:00AM - 7:45PM OPEN GYM	6:00:AM — 7:45PM OPEN GYM	8:00AM-3:00PM OPEN GYM
		11:00AM — 7:45PM OPEN GYM				

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



NORTHSHORE FAMILY GYM SCHEDULE

**NOV
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	6:00–8:50AM 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		
	11:15–12:00PM STRENGTH & BALANCE		10:15–11:00AM AOA CARDIO & STRENGTH			8:15-10:00AM PICKLEBALL
8:00AM–2:45PM OPEN GYM					10:45AM –2:15PM OPEN GYM	
		11:00AM–3:45PM OPEN GYM	11:15AM–2:45PM OPEN GYM			10:15–2:45PM Youth Sports
			3:00-4:00PM PICKLEBALL		2:30-3:30PM PICKLEBALL	
	12:15–7:50PM OPEN GYM			11:00AM –7:50PM OPEN GYM		
		4:00–6:30PM YOUTH SPORTS			4:00–7:00PM YOUTH SPORTS	
			4:15 –7:50PM OPEN GYM			
		6:45 –7:50PM OPEN GYM			7:15 –7:50PM OPEN GYM	

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