



# MEREDITH MATHEWS GYM SCHEDULE

**NOVEMBER  
2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-2:45PM OPEN GYM	6:00AM-7:45PM OPEN GYM	6:00AM-7:45PM OPEN GYM	6:00AM-7:45PM OPEN GYM	6:00AM-7:45PM OPEN GYM *Except November 25	6:00AM-7:45PM OPEN GYM *Except November 26	8:00-2:45PM OPEN GYM
		9:00-10:15AM TOTAL BODY CONDITIONING Anthony - Gym East Side		STRENGTH & GRATITUDE  *Special Event		
				9:30-10:45AM November 25	9:45-11:00AM TOTAL BODY CONDITIONING Paul - Gym East Side	
					LOCAL HOOPS \$ YOUTH BASKETBALL SKILLS CLINIC  *Special Event	11:45-1:00PM \$ Sports Sampler Minis Gym East Side
		4:45-6:00PM \$ Basketball Skills Academy Gym East Side			8:30AM- 4:30PM November 26	
						\$ - FEE BASED PROGRAM * REGISTRATION REQUIRED

**FOR MORE INFORMATION CONTACT Nuria Ugalde, [nugalde@seattleyymca.org](mailto:nugalde@seattleyymca.org)**