



# NORTHSHORE MAIN GYM SCHEDULE

**JAN  
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00 —9:45AM OPEN GYM				8:00AM-9:15PM OPEN GYM
		10:00—10:45AM BEGINNER LINE DANCING MG-WEST				9:30AM- 10:30AM YOUTH SPORTS
8:00AM-3:00PM OPEN GYM	6:00AM-4:45PM OPEN GYM		6:00AM—7:45PM OPEN GYM MG-WEST	6:00AM-7:45PM OPEN GYM MG-WEST	6:00:AM-7:45PM OPEN GYM MG-WEST	10:30AM- 2:45PM OPEN GYM  **Exception 1/29/22
		11:00AM-7:45PM OPEN GYM MG-WEST				**YOUTH SPORTS EVENT MAIN GYM
	5:00PM-7:00PM YOUTH SPORTS	5:00PM-7:00PM YOUTH SPORTS MG-EAST	5:00PM-8:00PM YOUTH SPORTS MG-EAST	5:00PM-7:00PM YOUTH SPORTS MG-EAST	5:00PM-7:00PM YOUTH SPORTS MG-EAST	

**FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, [clairewilliams@seattleyymca.org](mailto:clairewilliams@seattleyymca.org)**



# NORTHSHORE FAMILY GYM SCHEDULE

**JAN  
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00–8:50AM OPEN GYM	6:00–8:50AM OPEN GYM	6:00–8:50AM OPEN GYM	6:00–8:50AM OPEN GYM	
	6:00– 11:00am 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
			10:15–11:00AM AOA CARDIO & STRENGTH			
	11:15–12:00PM STRENGTH & BALANCE					
8:00AM–2:45PM OPEN GYM			11:15AM–2:45PM OPEN GYM		10:45AM–2:15PM OPEN GYM	10:15–2:45PM OPEN GYM
		11:00AM–4:45PM OPEN GYM		11:00AM–7:50PM OPEN GYM		
			3:00-4:00PM PICKLEBALL		2:30-3:30PM PICKLEBALL	
	12:15–7:50PM OPEN GYM					
					4:00–8:00PM OPEN GYM	
		5:00PM–8:00PM TAE KWON DO	4:00 –8:00PM INDOOR SOCCER	5:00PM–8:00PM TAE KWON DO		

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