



SMALL GYM

Room Schedule for January 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					FACILITY OPENS AT 8 AM	FACILITY OPENS AT 8 AM
Strength & Conditioning 7:00am-8:00am Tim		Open Gym 6am-8:00am	Circuit 8:30am-9:30am Vicki	Open Gym 6am-8:00am	Cycle 8:45am-9:45am	
Cycle 8:30am-9:30am Tim	Boot Camp 7:30am-8:30am Kristin	Cycle 8:30am-9:30am Tim	Strength & Conditioning 10:00am-11:00am Vicki	Cycle 8:30am-9:30am Tim	Zumba® 10:00am-11:00am Shanyn	Open Gym 8am-1:30pm
Zumba® 10:00am-11:00pm Rachelle	Open Gym 9:15am-5:30pm	Zumba® 10:00am-11:00am Rachel	Open Gym 11:30am-5:30pm	Zumba Toning® 10:00am-11:00am Jean	Open Gym 11:15am-3:00pm	Zumba® 1:45pm-2:45pm Kam
AOA Circuit 11:30am-12:30pm Sue						
Open Gym 1:00pm-7:45pm	STRONG NATION® 5:45-6:30PM Rachel	Open Gym 9:45am-8:00pm	STRONG NATION® 5:45-6:30PM Rachel	Open Gym 9:45am-8:00pm	FACILITY CLOSSES AT 3 PM	FACILITY CLOSSES AT 3 PM
	ZUMBA® 6:45pm-7:45pm Rachel					

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

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





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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	
Open Gym 11:15am-5:00pm		ZUMBA® 10:00am-11:00am Rachelle		Badminton 7am-11:00am		ZUMBA® 10:00am-11:00am Rachel		Badminton 7am-11:00am		Open Gym 10:30am-3:00pm	
		Open Gym 11:15am-8:00pm	Open Gym 11:15am-8:00pm	Open Gym 11:15am-8:00pm	Open Gym 11:15pm-3:30pm	Open Gym 11:15am-8:00pm	Open Gym 11:15am-5:30pm	Open Gym 11:15am-5:30pm	Open Gym 11:15pm-5:00pm		
Badminton-Adult 5:30pm-7:45pm				Badminton - Adult 5:30pm-7:45pm		Volleyball 18yrs+ 5:30pm-7:45pm		Badminton - Family 5:30pm-7:45pm		Badminton - Family 5:30pm-7:45pm	
										FACILITY CLOSSES AT 3 PM	
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