



# SMALL GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Room Schedule for August 2022

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Boot Camp</b> 6:15am-7:15am Tim	<b>Open Gym</b> 5:00am-7:00am	<b>Boot Camp</b> 6:15am-7:15am Alison	<b>Open Gym</b> 5:00am-8:00am	<b>Open Gym</b> 5:00am-8:00am	FACILITY OPENS AT 7 AM	FACILITY OPENS AT 8 AM
<b>Cycle All-Levels</b> 8:30am-9:30am Tim	<b>Boot Camp</b> 7:30am-8:30am Kristin	<b>Cycle-All Levels</b> 8:30am-9:30am Tim	<b>Circuit</b> 8:30am-9:30am Vicki	<b>Cycle-Core</b> 8:30am-9:30am Tim	<b>Open Gym</b> 7:00am-6:45pm	<b>Open Gym</b> 8:00am-11:30am
<b>Strength Training</b> 10:00am-11:00am Sue	<b>Open Gym</b> 8:45am-5:45pm	<b>Strength Training</b> 10:00am-11:00am Sue	<b>Strength &amp; Conditioning</b> 10:00am-11:00am Vicki	<b>Zumba Toning®</b> 10:00am-11:00am Jean		<b>Family Programs Birthday Parties</b> 12:00-1:45pm
<b>AOA Circuit</b> 11:30am-12:30pm Sue		<b>Open Gym</b> 11:15am-6:45pm	<b>Open Gym</b> 11:15am-5:45pm	<b>Open Gym</b> 11:15am- 8:45pm *SEE GYM CLOSURES BELOW		<b>Zumba®</b> 4:00pm-5:00pm Kam
<b>Open Gym</b> 12:45pm-6:45pm		<b>Pound®</b> 5:00pm-5:45pm Laura				<b>STRONG NATION®</b> 6:00pm-6:45pm Rachel
<b>BOLLYWOOD FITNESS</b> 7:00pm-8:00pm Deepti	<b>ZUMBA®</b> 7:00pm-8:00pm Rachel	<b>BOLLYWOOD FITNESS</b> 7:00pm-8:00pm Deepti	<b>ZUMBA®</b> 7:00pm-8:00pm Rachelle	FACILITY CLOSURES AT 6 PM		
<b>Open Gym</b> 8:15pm-9:00pm	<b>Open Gym</b> 8:15pm-9:00pm	<b>Open Gym</b> 8:15pm-9:00pm	<b>Open Gym</b> 8:15pm-9:00pm	FACILITY CLOSURES AT 7 PM		

**FACILITY SCHEDULE**  
Monday—Friday 5am-9pm  
Saturday—7am-7pm  
Sunday—8am-6:00pm





# LARGE GYM

Room Schedule for August 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5am-6:45am	<b>Open Gym</b> 5am-6:45am	<b>Open Gym</b> 5am-6:45am	<b>Open Gym</b> 5am-6:45am	<b>Open Gym</b> 5am-6:45am	<b>FACILITY OPENS AT 7 AM</b>	<b>FACILITY OPENS AT 8 AM</b>
<b>Badminton</b> 7am-9:45am	<b>Pickle ball</b> 7am-9:45am	<b>Open Gym</b> 7am-9:45am	<b>Badminton</b> 7am-9:45am	<b>Pickle ball</b> 7am-9:45am	<b>Badminton</b> 7am-9:45am	<b>Badminton-Family</b> 8:00am-11:00am
<b>ZUMBA®</b> 10:00am-11:00am Rachelle	<b>ZUMBA®</b> 10:00am-11:00am Rachelle	<b>ZUMBA®</b> 10:00am-11:00am Rachel	<b>ZUMBA®</b> 10:00am-11:00am Rachel	<b>Badminton</b> 7am-11:00am	<b>ZUMBA®</b> 10:00am-11:00am Shanyn	
<b>Open Gym</b> 11:15am-5:15pm	<b>Open Gym</b> 11:15am-8:45pm	<b>Open Gym</b> 11:15am-8:45pm	<b>Open Gym</b> 11:15am-8:45pm	<b>Open Gym</b> 11:15am-5:15pm	<b>Open Gym</b> 11:15am-6:45pm	<b>Open Gym</b> 11:15am-5:45pm
<b>Open Gym</b> 7:00am-7:45pm			<b>Open Gym</b> 11:15am-5:15pm	<b>Open Gym</b> 7:00am-7:45pm		
<b>Open Gym</b> 11:15pm-8:45pm			<b>Open Gym</b> 11:15am-5:15pm	<b>Open Gym</b> 11:15pm-8:45pm		
<b>Badminton-Family</b> 6:00pm-8:45pm			<b>Volleyball</b> 5:30pm-8:45pm		<b>FACILITY CLOSSES AT 7 PM</b>	<b>FACILITY CLOSSES AT 6 PM</b>

**FACILITY SCHEDULE**  
Monday—Friday 5am–9pm  
Saturday—7am–7pm  
Sunday—8:00am–6:00pm

Join Group Exercise online at the Virtual Y! Included with membership. Visit [seattlemca.org/VirtualY](http://seattlemca.org/VirtualY)

