



MEREDITH MATHEWS GYM SCHEDULE

**August
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-2:45AM OPEN GYM	6:00AM-3:45PM OPEN GYM	6:00AM-8:45AM OPEN GYM	6:00AM-3:45PM OPEN GYM	6:00AM-7:45PM OPEN GYM	6:00AM-9:45AM OPEN GYM	8:00AM-2:45AM OPEN GYM
		8:45-10:15AM TOTAL BODY CONDITIONING Anthony - Gym East				
					9:45-11:00AM TOTAL BODY CONDITIONING Paul - Gym East	
	3:45-5:00PM RESERVED Soccer <u>ENDS 08/22</u>	10:15AM-7:45PM OPN GYM	3:45-5:00PM RESERVED FOR T-Ball <u>ENDS 08/24</u>		11:00-7:45PM OPEN GYM	
			5:30-6:45PM RESERVED FOR Bootcamp Wednesdays			
<p>Basketball Half-Day Clinic 08/22-08/26 9am-7pm</p>						
						<p>\$ - FEE BASED PROGRAM * REGISTRATION REQUIRED</p>
<p>FOR MORE INFORMATION CONTACT Nikita Love, nlove@seattleyymca.org</p>						