



NORTHSHORE FAMILY GYM SCHEDULE

**AUGUST
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM– 9:00AM OPEN GYM	6:00AM–6:40AM OPEN GYM	6:00AM–8:50AM OPEN GYM	6:00AM–6:40AM OPEN GYM	6:00AM–8:50AM OPEN GYM	
	9:15AM-10:00AM BARBELL PUMP	6:45AM–8:00AM KARATE	9:15AM– 10:00AM FUNCTIONAL FITNESS- ALL LEVELS	6:45AM–8:00AM KARATE	9:30AM– 10:30AM AOA CARDIO & STRENGTH	
		8:00AM–8:45AM OPEN GYM		8:00AM–8:45AM OPEN GYM		
8:00AM–2:45PM OPEN GYM		9:00AM–10:45AM PICKLEBALL	10:15AM–11:00AM AOA CARDIO & STRENGTH	9:00AM–10:45AM PICKLEBALL		8:15-10:00AM PICKLEBALL
		11:00AM–4:45PM OPEN GYM	11:15AM–2:15PM OPEN GYM	11:00AM–4:45PM OPEN GYM	10:45AM –2:15PM OPEN GYM	
		10:15AM–5:50PM OPEN GYM		1:30PM-3:30PM PICKLEBALL		10:15AM-2:45PM OPEN GYM
		5:00PM-7:45PM TAE KWON DO		5:00PM-7:45PM TAE KWON DO		
	6:00PM-6:45PM TOTAL BODY CONDITIONING				3:45PM-7:45PM OPEN GYM	
	7:00PM-7:50PM OPEN GYM		3:45PM-7:45PM OPEN GYM			

FOR MORE INFORMATION-CONTACT: BECKY CHERRY bcherry@seattleyymca.org



NORTHSHORE MAIN GYM SCHEDULE

**AUGUST
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM – 9:15AM OPEN GYM	6:00AM – 9:15AM OPEN GYM	6:00AM – 4:15PM OPEN GYM	6:00AM - 9:15AM OPEN GYM	6:00:AM – 9:15AM OPEN GYM	
	SWIM & SPORTS CAMP 9:30AM-11:30AM	SWIM & SPORTS CAMP 9:30AM-11:30AM	SWIM & SPORTS CAMP 9:30AM-11:30AM	SWIM & SPORTS CAMP 9:30AM-11:30AM	SWIM & SPORTS CAMP 9:30AM-11:30AM	
8:00AM-3:00PM OPEN GYM	11:45AM – 7:45PM OPEN GYM	11:45AM – 3:45PM OPEN GYM				
		11:45AM – 7:45PM OPEN GYM	11:45AM – 7:45PM OPEN GYM	11:45AM – 7:45PM OPEN GYM	11:45AM – 7:45PM OPEN GYM	8:00AM-2:50PM OPEN GYM
		3:45PM-7:00PM YOUTH SPORTS*				
	5:30PM-7:00PM YOUTH SPORTS	MG WEST ONLY				
	7:00PM-7:45PM OPEN GYM	7:00PM-7:45PM OPEN GYM				