



# NORTHSHORE FAMILY GYM SCHEDULE

**MAY  
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00–6:45AM OPEN GYM		6:00–6:45AM OPEN GYM		
	6:00– 11:00AM OPEN GYM	6:45AM–7:45AM KARATE	6:00–8:50AM OPEN GYM	6:45AM–7:45AM KARATE	6:00–8:50AM OPEN GYM	
		7:45– 8:45AM OPEN GYM	9:30– 10:15AM AOA CARDIO & STRENGTH	7:45– 8:45AM OPEN GYM	9:30– 10:30AM AOA CARDIO & STRENGTH	
	11:00–12:15PM STRENGTH & BALANCE	9:00–10:45AM OPEN PICKLEBALL	10:30–11:15AM AOA CARDIO & STRENGTH	9:00–10:45AM OPEN PICKLEBALL		8:15-10:00AM OPEN PICKLEBALL
8:00AM–2:45PM OPEN GYM		11:00AM–4:45PM OPEN GYM	11:15AM– 1:15PM OPEN GYM	11:00AM –4:45PM OPEN GYM	10:45AM – 1:15PM OPEN GYM	10:15–2:45PM OPEN GYM
			1:30-3:30PM OPEN PICKLEBALL		1:30-3:30PM OPEN PICKLEBALL	
	12:15–7:50PM OPEN GYM					
		4:45–7:50PM TAE KWON DO	3:45 -7:00PM YOUTH SPORTS	4:45–7:50PM TAI KWON DO	*4:00–7:50PM OPEN GYM	
			7:00-7:50PM OPEN GYM			*FAMILY NIGHT: 5/6 6:00-8:00pm

**FOR MORE INFORMATION-CONTACT: BECKY CHERRY [bcherry@seattleyymca.org](mailto:bcherry@seattleyymca.org)**