View all schedules online at seattlemca.org/schedules

Schedules may change without notice.
WHAT'S HAPPENING IN THE GYM?
Use this key to find your perfect program, class, or activity at a glance.

- OPEN GYM
- DROP-IN BASKETBALL or VOLLEYBALL
- PICKLE BALL TABLE TENNIS or BADMINTON
- RESERVED for YOUTH PROGRAMS
- COMMUNITY EVENT OPEN TO ALL
- GROUP FITNESS CLASS for ages 8+
- GROUP FITNESS CLASS for ages 10+
- GROUP FITNESS CLASS for ages 14+
- GROUP FITNESS CLASS for AOA ages 55+
- GYM CLOSED or RESERVED for private event