



# SMALL GYMNASIUM

Room Schedule for JUNE 25 – SEPTEMBER 2, 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Holly`	H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Holly	H.I.I.T. 5:30am-6:30am Jana	Closed	Closed
Open Gym 6:45am-9:30am	Circuit Training 7:30am-8:30am Vicki	Open Gym 6:45am-10:45am	Open Gym 6:45am-9am	Open Gym 6:45am-8:45am	Open Gym 6am-8am	Open Gym 6am-9:30am
	Circuit Training 9am-10am Vicki		H.I.I.T. Express 9:30am-10am Jenny	Circuit Training 9am-10am Avivit	Boot Camp 8:15am-9:15am Mihaela	Core Strength 9:45am-10:15am Teresa
Strength Training-Barbell Pump Express 9:45am-10:30am Diana	Boot Camp 10:15am-11:15am Riley		Total Body Conditioning 10:15am-11am Vicki	Boot Camp 10:30am-11:30am Tim	Open Gym 9:30am-10:30am	Zumba 10:30am-11:30am Yang
Boot Camp 11am-12pm Tim	AOA - Cardio Fitness 11:30am-12:30pm Avivit	Boot Camp 11am-12pm Shiloah	Line Dancing 11:15am-12:15pm Vicki		Zumba Toning 10:45am-11:45am Alisha	Reserved for Birthday Parties** 11:30am-12pm
<b>AFTERNOON/EVENING CLASSES</b>						
Open Gym 12:15pm-4:30pm	Open Gym 12:15pm-5:45pm  Reserved for YMCA Program** Youth Badminton 4:30pm-5:15pm Jul 3 - Jul 17 and Aug 7-Aug 21	Open Gym 12:15pm-4:30pm		Zumba 12pm-1pm Jessica	Open Gym 12pm-8pm	Reserved for Birthday Parties** 12pm-1:30pm
Core Strength 4:45pm-5:30pm Margie		Core Strength 4:45pm-5:30pm Margie	Open Gym 12:30pm-7pm	Open Gym 1:15pm-10pm		Open Gym 1:45pm-6pm
Boot Camp 6pm-6:45pm (Rotating Instructor)	Total Body Conditioning 6pm-6:45pm Vicki	Open Gym 6pm-7pm		Reserved for YMCA program** Family Fun Night on Jul 20 from 5:30pm-10pm Aug 17 from 5:30pm-10pm	Closed	Closed
Zumba 7pm-8pm Jeanell	Zumba 7pm-8pm Jean	Zumba Toning 7pm-8pm Jeanell	Bollywood - Fitness 7:15pm-8:15pm Deepti			
Badminton - Adult 8:15pm-9:30pm	Open Gym 8:15pm-10pm	Open Gym 8:15pm-10pm	Open Gym 8:30pm-10pm			
<b>COMING THIS MONTH</b>	<b>MODIFIED FACILITY SCHEDULE</b>		<b>NET SPORTS</b>		<b>NET SPORTS (continued)</b>	
	Wednesday, July 4: Facility closed on Independence Day Monday, Sep 3: Facility closed on Labor Day		Badminton: see Small Gym, Large Gym, Central WA U schedules Basketball: see Small Gym, Large Gym, Central WA U schedules Pickleball: see Large Gym, Central WA U schedules Volleyball: see Large Gym, Central WA U schedules		Table Tennis in Group Fitness 1 room: Monday: 3pm-5:30pm Tuesday: 8:30pm-9:30pm Wednesday: 3pm-4pm Thursday: 8:30pm-9:30pm Saturday: 12:30pm-7:30pm Sunday: 1:30pm-5:30pm	

\*\* YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.