



# SMALL GYM

Room Schedule for January 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					FACILITY OPENS AT 8 AM	FACILITY OPENS AT 8 AM
<b>Strength &amp; Conditioning</b> 7:00am-8:00am Tim		<b>Open Gym</b> 6am-8:00am	<b>Circuit</b> 8:30am-9:30am Vicki	<b>Open Gym</b> 6am-8:00am	<b>Cycle</b> 8:45am-9:45am	
<b>Cycle</b> 8:30am-9:30am Tim	<b>Boot Camp</b> 7:30am-8:30am Kristin	<b>Cycle</b> 8:30am-9:30am Tim	<b>Strength &amp; Conditioning</b> 10:00am-11:00am Vicki	<b>Cycle</b> 8:30am-9:30am Tim	<b>Zumba@</b> 10:00am-11:00am Shanyn	<b>Open Gym</b> 8am-1:30pm
<b>Zumba@</b> 10:00am-11:00pm Rachelle	<b>Open Gym</b> 9:15am-5:30pm	<b>Zumba@</b> 10:00am-11:00am Rachel	<b>Open Gym</b> 11:30am-5:30pm	<b>Zumba Toning@</b> 10:00am-11:00am Jean	<b>Open Gym</b> 11:15am-3:00pm	<b>Zumba@</b> 1:45pm-2:45pm Kam
<b>AOA Circuit</b> 11:30am-12:30pm Sue						
<b>Open Gym</b> 1:00pm-7:45pm		<b>Open Gym</b> 9:45am-8:00pm		<b>Open Gym</b> 9:45am-8:00pm		
	<b>STRONG NATION@</b> 5:45-6:30PM Rachel		<b>STRONG NATION@</b> 5:45-6:30PM Rachel		FACILITY CLOSSES AT 3 PM	FACILITY CLOSSES AT 3 PM
	<b>ZUMBA@</b> 6:45pm-7:45pm Rachel		<b>ZUMBA@</b> 6:45pm-7:45pm Rachelle			

**FACILITY SCHEDULE**  
Monday—Friday 6am–8pm  
Saturday & Sunday 8am–3pm

Join Group Exercise online at the Virtual Y! Included with membership. Visit [seattlemca.org/VirtualY](http://seattlemca.org/VirtualY)





# LARGE GYM

Room Schedule for January 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY				
Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		FACILITY OPENS AT 8 AM					
Badminton 7am-9:30am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Badminton 7am-11:00am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Badminton 7am-11:00am			
Open Gym 11:15am-5:00pm		ZUMBA® 10:00am-11:00am Rachelle		Open Gym 11:15am-8:00pm		Badminton 7am-11:00am		ZUMBA® 10:00am-11:00am Rachel		Open Gym 11:15pm-5:00pm		Pickleball 8am-10:00am		Badminton-Family 8:00am-11:00am	
		Open Gym 11:15am-8:00pm				Open Gym 11:15am-8:00pm		Open Gym 11:15am-8:00pm				Open Gym 11:15am-8:00pm		Open Gym 10:30am-3:00pm	
Badminton-Adult 5:30pm-7:45pm				Open Gym 11:15am-8:00pm		Open Gym 11:15pm-3:30pm		Open Gym 11:15am-5:30pm		Open Gym 11:15pm-5:00pm		FACILITY CLOSING AT 3 PM		FACILITY CLOSING AT 3 PM	
				Badminton - Adult 5:30pm-7:45pm		Volleyball 18yrs+ 5:30pm-7:45pm		Badminton - Family 5:30pm-7:45pm		Badminton - Family 5:30pm-7:45pm					

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