

# GYM SCHEDULE

APRIL 16-22, 2018



	MON	TUE	WED	THUR	FRI	SAT	SUN	
5 AM	Walkers 5:00-5:45	Open Gym	Walkers 5:00-5:45	Open Gym	Walkers 5:00-5:45	Open Gym	Open Gym	
6 AM	Open Gym		Open Gym		Open Gym			Cross Fitness Camp 5:30-6:15
7 AM								Open Gym
8 AM	Personal Training 8:15-9:15 1/2 gym		Personal Training 8:15-9:15 1/2 gym		Personal Training 8:15-9:15 1/2 gym			
9 AM	Open Gym		Open Gym		Open Gym			
10 AM	Silver Sneakers 9:30-10:15 Full gym	Home School Fit-tastic 10:00-11:00 1/2 gym	Silver Sneakers 9:30-10:15 Full gym	Silver Sneakers 9:30-10:15 Full gym				
11 AM	Open Gym		Personal Training 10:30-11:30 1/2 gym	Personal Training 10:30-11:30 1/2 gym				
NOON	Adult Pick-Up Basketball 1/2 gym	Pickleball 11:15-1:00 1/2 gym	Adult Pick-Up Basketball 1/2 gym	Pickleball 11:15-1:00 1/2 gym	Adult Pick-Up Basketball 1/2 gym			
1 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
2 PM								
3 PM								
4 PM								
5 PM								
6 PM	Flag Football Camp 6:15-7:00 pm	Flag Football Camp 6:15-7:00 pm	Flag Football Camp 6:15-7:00 pm	Flag Football Camp 6:15-7:00 pm				
7 PM	Open Gym	Open Gym	Open Gym	Open Gym				
8 PM								
9 PM								

COMPLETE LISTING OF Y PROGRAMS AVAILABLE ONLINE AT [WWW.MFLDYMCA.ORG](http://WWW.MFLDYMCA.ORG)