

GYM SCHEDULE



AUGUST 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	Walkers 5:00-5:45		Walkers 5:00-5:45		Walkers 5:00-5:45	Open Gym	Open Gym
6 AM							
7 AM	SUMMER DAY CAMP 6:00-8:30	SUMMER DAY CAMP 6:00-8:30 ½ gym	SUMMER DAY CAMP 6:00-8:30	SUMMER DAY CAMP 6:00-8:30 ½ gym	Gym Intervals August 25 5:30-6:15 am		
8 AM							
9 AM	Silver Sneakers 9:30-10:15 Full gym	3,2,1 Fitness Blend 8:30-9:30 am Ab Blast 9:30-10:00 am August 1 & 15 ½ gym	Silver Sneakers 9:30-10:15 Full gym	Open Gym	Silver Sneakers 9:30-10:15 Full gym		
10 AM							
11 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
NOON	Adult Pick-up Basketball ½ gym		Adult Pick-up Basketball ½ gym		Adult Pick-up Basketball ½ gym		
1 PM	SUMMER DAY CAMP 1:00-2:30 ½ gym	SUMMER DAY CAMP 1:00-2:30 ½ gym	SUMMER DAY CAMP 1:00-2:30 ½ gym	SUMMER DAY CAMP 1:00-2:30 ½ gym	SUMMER DAY CAMP 1:00-2:30 ½ gym		
2 PM							
3 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4 PM							
5 PM							
6 PM	VOLLEYBALL FUN CAMP August 14-17 ½ gym	VOLLEYBALL FUN CAMP August 14-17 ½ gym	VOLLEYBALL FUN CAMP August 14-17 ½ gym	VOLLEYBALL FUN CAMP August 14-17 ½ gym	Open Gym		
7 PM							
8 PM	Open Gym	Open Gym	Open Gym	Open Gym			
9 PM							

COMPLETE LISTING OF Y PROGRAMS AVAILABLE ONLINE AT WWW.MFLDYMCA.ORG