GYM SCHEDULE

DECEMBER 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	Walkers 5:00-5:45	Open Gym	Walkers 5:00-5:45	Open Gym	Walkers 5:00-5:45		
6 AM					Cross Fitness Camp 5:30-6:15 am		
7 AM					Open Gym	Open Gym	
8 AM	Personal Training 8:15-9:15 ½ gym	3,2,1 Fitness Blend 8:30-9:30 am Ab Blast 9:30-10:00 am Dec. 12 ½ gym	Personal Training 8:15-9:15 ½ gym		Personal Training 8:15-9:15 am ½ gym		Open Gym
9AM	Silver Sneakers 9:30-10:15 Full gym		Silver Sneakers 9:30-10:15 Full gym		Open Gym Silver Sneakers 9:30-10:15 Full gym		
10 AM	Personal Training 10:30-11:30 Dec. 4 ½ gym	HOMESCHOOL GYM 10:00-11:00	Personal Training 10:30-11:30 ½ gym		Personal Training 10:30-11:30 ½ gym		
11 AM		Pickleball 11:30 am-1:00 pm		Pickleball 11:30 am-1:00 pm			
NOON	Adult Pick-up Basketball ½ gym		Adult Pick-up Basketball ½ gym		Adult Pick-up Basketball ½ gym		
1 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
2 PM							
3 PM				High School Basketball 3:15-5:00 pm Dec. 7 ½ gym			
4 PM							
5 PM				Open Gym			
6 PM		Sports 4 Fun 6:15-7:00 pm Dec. 5 & 12 ½ gym		Adult Basketball League 6:00-8:30 pm ½ gym			
7 PM		Open Gym					
8 PM							
9 PM							

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