

# GYM SCHEDULE

FEBRUARY 2018



	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	Open Gym	Open Gym		
6 AM	Open Gym		Open Gym		Open Gym			Cross Fitness Camp 5:30-6:15 am	
7 AM								Open Gym	
8 AM	Personal Training 8:15-9:15 Zumba Gold 8:45-9:15 Feb. 19 & 26 ½ gym		Personal Training 8:15-9:15 ½ gym		Personal Training 8:15-9:15 ½ gym				
9 AM	Open Gym		Open Gym		Open Gym				
10 AM	Silver Sneakers 9:30-10:15 Full 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 ½ gym		Personal Training 10:30-11:30 ½ gym				
NOON	Adult Pick-up Basketball ½ gym		Pickleball 11:15 - 1:00 ½ gym		Adult Pick-up Basketball ½ gym			Pickleball 11:15 - 1:00 ½ gym	Adult Pick-up Basketball ½ gym
1 PM	Open Gym		Open Gym		Open Gym			Open Gym	Open Gym
2 PM									
3 PM									
4 PM									
5 PM									
6 PM		Floor Hockey 6:15-8:00 pm ½ gym		Life Size Board Games 6:15-7:00 pm ½ gym		Adult Basketball 6:15-9:00 pm ½ gym			
7 PM		Open Gym		Open Gym					
8 PM									
9 PM		Open Gym		Open Gym					

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