

# GYM SCHEDULE



JANUARY 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 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			
	Silver Sneakers 9:30-10:15 Full gym		Silver Sneakers 9:30-10:15 Full gym		Silver Sneakers 9:30-10:15 Full gym			
10 AM	Open Gym		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
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
2 PM								
3 PM								
4 PM								
5 PM		Little's Gym 5:30-6:15 pm						
6 PM		Floor Hockey 6:15-8:00 pm ½ gym						
7 PM		Open Gym						
8 PM								
9 PM								

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