

GYM SCHEDULE

MAY 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		Personal Training 8:15-9:15 1/2 gym		Personal Training 8:15-9:15 1/2 gym			Cross Fitness Camp 5:30-6:15	
7 AM								Open Gym	
8 AM	Personal Training 8:15-9:15 1/2 gym		Home School Fit-tastic 10:00-11:00 1/2 gym		Personal Training 8:15-9:15 1/2 gym			Open Gym	Personal Training 8:15-9:15 1/2 gym
9 AM	Open Gym								
10 AM	Silver Sneakers 9:30-10:15 Full gym	Personal Training 10:30-11:30 1/2 gym	Personal Training 10:30-11:30 1/2 gym	Open Gym					
11 AM	Open Gym				Pickleball 11:15-1:00 1/2 gym	Pickleball 11:15-1:00 1/2 gym	Open Gym		
NOON	Adult Pick-Up Basketball 1/2 gym	Adult Pick-Up Basketball 1/2 gym	Adult Pick-Up Basketball 1/2 gym	Adult Pick-Up Basketball 1/2 gym	Open 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	YOUTH SOCCER CAMP • May 7-10 • 6:15-7:00 pm YOUTH FLAG RUGBY CAMP • May 21-24 • 6:15-7:00 pm								
7 PM	Open Gym	Open Gym	Open Gym	Adult Basketball 7:00-9:00 May 3 & May 24					
8 PM									
9 PM									

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