

GYM SCHEDULE

NOVEMBER 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	Open Gym	Open Gym	
6 AM								Cross Fitness Camp 5:30-6:15 am Nov. 3, 10 & 17
7 AM								Open Gym
8 AM	Personal Training 8:00-9:15 ½ gym	3,2,1 Fitness Blend 8:30-9:30 am Ab Blast 9:30-10:00 am Nov. 28 ½ gym	Personal Training 8:15-9:15 ½ gym	Open Gym	Group Kickboxing 8:00-9:15 am ½ gym	Open Gym	Open Gym	
9 AM	Silver Sneakers 9:30-10:15 Full gym	HOMESCHOOL GYM 10:00-11:00	Silver Sneakers 9:30-10:15 Full gym		Open Gym			Silver Sneakers 9:30-10:15 Full gym
10 AM	Open Gym		Personal Training 10:30-11:30 Nov. 9 ½ gym					Personal Training 10:30-11:45
11 AM		Pickleball 11:30 am-1:00 pm	Adult Pick-up Basketball ½ gym	Pickleball 11:30 am-1:00 pm	Adult Pick-up Basketball ½ gym			
NOON	Adult Pick-up Basketball ½ 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		Sports 4 Fun 6:15-7:00 pm ½ gym						
7 PM		Open Gym		Adult Basketball League 6:00-8:30 pm ½ gym				
8 PM								
9 PM								

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