

GYM SCHEDULE

OCTOBER 2017



	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	Walkers 5:00-5:45		Walkers 5:00-5:45		Walkers 5:00-5:45		
6 AM		Open Gym			Cross Fitness Camp 5:30-6:15 am Oct. 6, 13, 20, 27		
7 AM	Open Gym			Open Gym			
8 AM		3,2,1 Fitness Blend 8:30-9:30 am Ab Blast 9:30-10:00 am Oct. 3, 17 & 31 ½ gym	Open Gym	Open Gym	Open Gym		
9 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		
10 AM	Open Gym	Open Gym	Open Gym	HOMESCHOOL GYM 10:00-11:00	Open Gym	Open Gym	Open Gym
11 AM				Pickleball 11:30 am-1:00 pm	Open Gym		
NOON	Adult Pick-up Basketball ½ gym	Pickleball 11:30 am-1:00 pm	Adult Pick-up Basketball ½ gym		Adult Pick-up Basketball ½ gym		
1 PM							
2 PM							
3 PM							
4 PM							
5 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6 PM	<p style="text-align: center;">Basically Fun Basketball M-TH October 16-19 6:15-8:00 pm</p>						
7 PM							
8 PM							
9 PM							

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