

GYM SCHEDULE

SEPTEMBER 2018



	MON	TUE	WED	THUR	FRI	SAT	SUN
5 AM	Walkers 5:00-5:45		Walkers 5:00-5:45		Walkers 5:00-5:45		
6 AM					Cross Fitness Camp 5:30-6:15		
7 AM	Open Gym	Open Gym	Open Gym		Open Gym		
8 AM				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		Home School Gym 10:00-11:00 1/2 gym					
	Open Gym		Open Gym				
11 AM		Pickleball 11:15-1:00 1/2 gym		Pickleball 11:15-1:00 1/2 gym		Open 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		
1 PM							
2 PM							
3 PM							
4 PM							
5 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6 PM							
7 PM							
8 PM							
9 PM							

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