

# Swanson Gym Schedule

## March



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 a.m.	Open Gym/	Open Gym/	Open Gym/	Open Gym/	Open Gym/	YMCA open at 6 a.m.		
5:30	Walking	Walking	Walking	Walking	Walking		Open Gym/	
6 a.m.						Walking		
6:30								
7 a.m.								
7:30								
8 a.m.								
8:30								
9 a.m.		Yoga		Yoga		<i>Little Dribblers*</i>		
9:30								
10 a.m.		Closed For Cleaning		Open Gym	Closed For Cleaning			
10:30							(Seaweed/Tumbleweed 9:45-10:15)	
11 a.m.								
11:30								
Noon						Open Gym	YMCA open at 1 p.m.	
12:30								
1 p.m.							Open Gym	
1:30								
2 p.m.		Open Gym			Open Gym			
2:30								
3 p.m.								
3:30								
4 p.m.								
4:30			Zumba*					
5 p.m.		Youth Indoor Soccer*			Boys Basketball Practice*	YMCA closed at 5 p.m.	YMCA closed at 5 p.m.	
5:30	Zumba*		Bootcamp*					
6 p.m.								
6:30	Cardio Kickboxing*		Cardio Kickboxing*					
7 p.m.					Open Gym			
7:30	Open Gym	Open Gym	Adult Volleyball*					
8 p.m.								
8:30								
9 p.m.			Open Gym					
9:30								

 Open Gym

\* - Program utilizes southwest half of gym only. Northeast half of the gym may remain open.

Gym schedules may be changed without notice. The staff will make every attempt to notify members of any schedule changes in advance.