



# GYMNASIUM SCHEDULE

## YMCA OF SEQUIM

SPRING 2025 (Effective 5/17/2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:15am OPEN GYM	5:00-6:15am OPEN GYM	5:00-6:15am OPEN GYM	5:00-6:15am OPEN GYM	5:00-6:15am OPEN GYM	7:30-8:30AM INDOOR CYCLING Sharon S.
6:30-7:30am LES MILLS BODYPUMP Jason H.	6:30-7:30am INDOOR CYCLING Jason H.	6:30-7:30am LES MILLS BODYPUMP Jason H.	6:30-7:30am INDOOR CYCLING Jason H.	6:30-7:30am LES MILLS BODYPUMP Jason H.	9:00-10:00am YOGA Jane D.
8:00-9:00am CARDIO & STRENGTH Connie B.	8:00-9:00am YOGA - BEGINNING Denise P.	8:00-9:00am PILATES Valerie S.	8:00-9:00am YOGA Scott J.	8:00-9:00am DEEP STRETCH Kathy A.	10:15-11:15am ZUMBA Jenny W.
9:30-10:30am CORE & STRETCH Connie B.	9:30-10:30am QIGONG John A.	9:30-10:30am YOGA Julia B.	9:30-10:30am ZUMBA Jenny W.	9:30-10:30am TAI CHI - BEGINNING John A.	11:30am-1:00pm BEGINNER PICKLEBALL
11:00am-12:00pm STRENGTH & BALANCE Karina M.	11:00am-12:00pm TAI CHI - ADVANCED John A.	11:00am-12:00pm STRENGTH & BALANCE Karina M.	10:45-11:45pm TODDLER GYM- BOREE	11:00am-12:00pm ZUMBA Jenny W.	1:00-5:00pm OPEN GYM
12:00-1:15pm OPEN GYM	12:15-1:45pm PICKLEBALL Levels 3.0-3.5	12:00pm-1:15pm OPEN GYM	12:00-1:45pm BEGINNER PICKLEBALL	12:00pm-1:15pm OPEN GYM	
1:15-2:45pm PICKLEBALL Levels 2.5-3.0	2:00-3:00pm ROCK STEADY BOXING Bill C.	1:15-2:45pm PICKLEBALL Levels 3.25-3.75	2:00-3:00pm ROCK STEADY BOXING Bill C.	1:15-2:45pm PICKLEBALL Levels 3.0-3.5	
3:00-4:00pm BOXING FITNESS Bill C.	3:00-4:00pm OPEN GYM	3:00-4:00pm BOXING FITNESS Bill C.	3:00-5:15pm OPEN GYM	3:00-8:00pm OPEN GYM	
4:15-5:15pm ZUMBA Jenny W.	4:15-5:15pm CARDIO DANCE Jenny W.	4:15-5:15pm ZUMBA Jenny W.	5:30-6:30pm P90X Jane D.		
5:30-6:30pm LES MILLS BODYPUMP Mallory B.	5:30-6:30pm P90X Jane D.	5:30-6:30pm LES MILLS BODYPUMP Mallory B.	6:45-9:00pm OPEN GYM		
6:45-9:00pm OPEN GYM	6:45-9:00pm OPEN GYM	6:45-9:00pm OPEN VOLLEYBALL			

OLYMPIC PENINSULA YMCA – 610 5<sup>TH</sup> AVE – SEQUIM, WA – 360.477.4381 – WWW.OLYMPICPENINSULAYMCA.ORG

*\*Schedule is subject to change based on needs of the facility or special programs.\**