



# GYMNASIUM SCHEDULE

## YMCA OF SEQUIM

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                  |
|---|--|---|---|---|---|
| 5:15-5:45am<br>LES MILLS<br>RPM<br>Sharon S.          | 5:00-6:15am<br>OPEN GYM                          | 5:00-6:15am<br>OPEN GYM                               | 5:15-5:45am<br>LES MILLS<br>BODYPUMP<br>Sharon S. | 5:15-5:45am<br>LES MILLS<br>RPM<br>Sharon S.      | 7:00-8:30am<br>PICKLEBALL<br>Levels 3.75+ |
| 6:30-7:30am<br>LES MILLS<br>BODYPUMP<br>Jason H.      | 6:30-7:15am<br>LES MILLS<br>RPM<br>Jason H.      | 6:30-7:30am<br>LES MILLS<br>BODYPUMP<br>Jason H.      | 6:30-7:15am<br>LES MILLS<br>RPM<br>Jason H.       | 6:30-7:30am<br>LES MILLS<br>BODYPUMP<br>Jason H.  | 9:00-10:00am<br>YOGA<br>Jane D.           |
| 8:00-9:00am<br>CARDIO &<br>STRENGTH<br>Connie B.      | 8:00-9:00am<br>YOGA - BEGINNING<br>Denise P.     | 8:00-9:00am<br>PILATES<br>Valerie S.                  | 8:00-9:00am<br>YOGA<br>Kathy A.                   | 8:00-9:00am<br>DEEP STRETCH<br>Kathy A.           | 10:15-11:15am<br>ZUMBA<br>Jenny W.        |
| 9:30-10:30am<br>CORE & STRETCH<br>Connie B.           | 9:30-10:30am<br>QIGONG<br>John A.                | 9:30-10:30am<br>YOGA<br>Julia B.                      | 9:30-10:30am<br>ZUMBA<br>Jenny W.                 | 9:30-10:30am<br>TAI CHI -<br>BEGINNING<br>John A. | 11:30am-1:25pm<br>OPEN GYM                |
| 11:00am-12:00pm<br>STRENGTH &<br>BALANCE<br>Karina M. | 11:00am-12:00pm<br>TAI CHI - ADVANCED<br>John A. | 11:00am-12:00pm<br>STRENGTH &<br>BALANCE<br>Karina M. | 10:45am-11:55am<br>OPEN GYM                       | 11:00am-12:00pm<br>ZUMBA<br>Jenny W.              | 1:30pm-3:00pm<br>BEGINNER<br>PICKLEBALL   |
| 12:00-1:10pm<br>OPEN GYM                              | 12:15-1:45pm<br>PICKLEBALL<br>Levels 3.0-3.5     | 12:00pm-1:10pm<br>OPEN GYM                            | 12:00-1:45pm<br>BEGINNER<br>PICKLEBALL            | 12:00pm-1:10pm<br>OPEN GYM                        | 3:00pm-5:00pm<br>OPEN GYM                 |
| 1:15-2:45pm<br>PICKLEBALL<br>Levels 2.5-3.0           | 2:00-3:00pm<br>ROCK STEADY<br>BOXING<br>Bill C.  | 1:15-2:45pm<br>PICKLEBALL<br>Levels 3.25-3.75         | 2:00-3:00pm<br>ROCK STEADY<br>BOXING<br>Bill C.   | 1:15-2:45pm<br>PICKLEBALL<br>Levels 3.0-3.5       |   |
| 3:00-4:00pm<br>BOXING FITNESS<br>Bill C.              | 3:00-4:00pm<br>OPEN GYM                          | 3:00-4:00pm<br>BOXING FITNESS<br>Bill C.              | 3:00-4:00pm<br>OPEN GYM                           | 3:00-5:00pm<br>OPEN GYM                           |   |
| 4:15-5:15pm<br>ZUMBA<br>Jenny W.                      | 4:15-5:15pm<br>CARDIO DANCE<br>Jenny W.          | 4:15-5:15pm<br>ZUMBA<br>Jenny W.                      | 4:00-5:15pm<br>OPEN GYM                           | 5:15-6:15pm<br>OPEN GYM                           |   |
| 5:30-6:30pm<br>LES MILLS<br>BODYPUMP<br>Mallory B.    | 5:30-6:30pm<br>P90X<br>Jane D.                   | 5:30-6:30pm<br>LES MILLS<br>BODYPUMP<br>Mallory B.    | 5:30-6:30pm<br>P90X<br>Jane D.                    | 6:15-8:00pm<br>OPEN GYM                           |   |
| 6:45-9:00pm<br>OPEN GYM                               | 6:45-7:45pm<br>YOUTH BASKETBALL                  | 6:45-9:00pm<br>OPEN VOLLEYBALL                        | 6:45-7:45pm<br>YOUTH BASKETBALL                   |   |   |
|   | 8:00-9:00pm<br>OPEN GYM                          |   | 8:00-9:00pm<br>OPEN GYM                           |   |   |

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

Spring 2026 (Effective 02/16/2026)

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

