



GYMNASIUM SCHEDULE

YMCA OF SEQUIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-5:45am LES MILLS RPM Sharon S.	5:00-6:15am OPEN GYM	5:00-6:15am OPEN GYM	5:15-5:45am LES MILLS THRIVE Sharon S.	5:15-5:45am LES MILLS RPM Sharon S.	
6:30-7:30am LES MILLS BODYPUMP Jason H.	6:30-7:15am LES MILLS RPM Jason H.	6:30-7:30am LES MILLS BODYPUMP Jason H.	6:30-7:15am LES MILLS RPM Jason H.	6:30-7:30am LES MILLS BODYPUMP Jason H.	7:30-8:30am LES MILLS BODYPUMP
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 Kathy A.	8:00-9:00am DEEP STRETCH Kathy A.	9:00-10:00am YOGA Jane D.
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.	10:15-11:15am ZUMBA Jenny W.
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.	10:45-12:00pm OPEN GYM	11:00am-12:00pm ZUMBA Jenny W.	11:30am-12:30pm OPEN GYM
12:15-1:15pm PICKLEBALL Levels 2.5-3.0	12:15-1:45pm PICKLEBALL Levels 3.0-3.5	12:15-1:45pm PICKLEBALL Levels 3.25-3.75	12:15-1:45pm BEGINNER PICKLEBALL	12:15-1:15pm PICKLEBALL Levels 3.0-3.5	12:30-1:25pm OPEN GYM
1:30-3:00pm OPEN GYM	2:00-3:00pm ROCK STEADY BOXING Bill C.	*NEW* 2:00-2:45pm PEDALING FOR PARKINSON'S	2:00-3:00pm ROCK STEADY BOXING Bill C.	1:30-3:00pm OPEN GYM	1:30-3:00pm BEGINNER PICKLEBALL
3:00-4:00pm BOXING FITNESS Bill C.	3:00-4:00pm OPEN GYM	3:00-4:00pm BOXING FITNESS Bill C.	3:00-4:00pm OPEN GYM	3:00-4:30pm OPEN GYM	3:00-5:00pm OPEN GYM
4:15-5:15pm ZUMBA Jenny W.	4:15-5:15pm CARDIO DANCE Jenny W.	4:15-5:15pm ZUMBA Jenny W.	4:00-5:15pm OPEN GYM	4:45-6:00pm PICKLEBALL Level 3.25-3.75	
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.	5:30-6:30pm P90X Jane D.	6:15-6:45pm OPEN GYM	
6:45-8:00pm OPEN GYM	6:45-8:00pm OPEN GYM	6:45-8:00pm OPEN GYM	6:45-8:00pm OPEN GYM	6:45-8:00pm OPEN GYM	
8:00-9:00pm OPEN GYM	8:00-9:00pm OPEN GYM	8:00-9:00pm OPEN GYM	8:00-9:00pm OPEN GYM		

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

Summer 2026 (Effective 07/23/2026)

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

