# 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>THRIVE<br>Sharon S. | 5:15–5:45am<br>LES MILLS<br>RPM<br>Sharon S. | |
| 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. | 7:30–8:30am<br>LES MILLS<br>BODYPUMP |
| 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. | 9:00–10:00am<br>YOGA<br>Jane D. |
| 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. | 10:15–11:15am<br>ZUMBA<br>Jenny W. |
| 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. | 10:45–12:00pm<br>OPEN GYM | 11:00am–12:00pm<br>ZUMBA<br>Jenny W. | 11:30am–1:45pm<br>OPEN GYM |
| 12:15–1:15pm<br>PICKLEBALL<br>Levels 2.5–3.0 | 12:15–1:45pm<br>PICKLEBALL<br>Levels 3.0–3.5 | 12:15–1:45pm<br>PICKLEBALL<br>Levels 3.25–3.75 | 12:15–1:45pm<br>BEGINNER<br>PICKLEBALL | 12:15–1:15pm<br>PICKLEBALL<br>Levels 3.0–3.5 | 2:00–3:45pm<br>PICKLEBALL<br>Levels 3.75+ |
| 1:30–2:45pm<br>HOMESCHOOL PE | 2:00–3:00pm<br>ROCK STEADY<br>BOXING<br>Bill C. | *NEW*<br>2:00–2:45pm<br>PEDALING FOR<br>PARKINSON'S | 2:00–3:00pm<br>ROCK STEADY<br>BOXING<br>Bill C. | 1:30–2:45pm<br>HOMESCHOOL PE | OPEN GYM<br>4:00–5:00 |
| 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. | 3:00–4:15pm<br>OPEN GYM | 3:00–4:30pm<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. | 4:15–5:15pm<br>CHEERLEADING<br>MINI-SPORTS<br>ACADEMY | 4:30–5:00pm<br>LITTLE<br>DRIBBLERS | |
| 5:30–6:30pm<br>LES MILLS<br>BODYPUMP<br>Mallory B. | 5:30–6:30pm<br>*NEW*<br>THRIVE<br>Jane D. | 5:30–6:30pm<br>LES MILLS<br>BODYPUMP<br>Mallory B. | 5:30–6:30pm<br>*NEW*<br>THRIVE<br>Jane D. | 5:00–8:00pm<br>YOUTH<br>BASKETBALL | |
| 6:45–8:00pm<br>OPEN GYM | 6:45–8:00pm<br>OPEN GYM | 6:45–8:00pm<br>OPEN GYM | 6:45–8:00pm<br>YOUTH<br>BASKETBALL | | |
| 8:00–9:00pm<br>OPEN GYM | 8:00–9:00pm<br>OPEN GYM | 8:00–9:00pm<br>OPEN GYM | | | |

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

Fall 2026 (Effective 10/17/2026)

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