



NORTHWEST WEEKLY GYM SCHEDULE

February 2012

Day/Time	Monday				Tuesday				Wednesday				Thursday				Friday			
Court	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D
8:00 AM																				
8:30 AM																				
9:00 AM	Strength Training 9:15-10:30am								Strength Training 9:15-10:30am								Strength Training 9:15-10:30am			
9:30 AM	Strength Training 9:15-10:30am								Strength Training 9:15-10:30am								Strength Training 9:15-10:30am			
10:00 AM	Strength Training 9:15-10:30am								Strength Training 9:15-10:30am								Strength Training 9:15-10:30am			
10:30 AM	Silver Sneakers® 10:45-11:30am								Silver Sneakers® 10:45-11:30am								Silver Sneakers® 10:45-11:30am			
11:00 AM	Silver Sneakers® 10:45-11:30am								Silver Sneakers® 10:45-11:30am								Silver Sneakers® 10:45-11:30am			
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For Adults...

Strength Training	Boot Camp	Adult Volleyball
Silver Sneakers®	Men's Soccer	

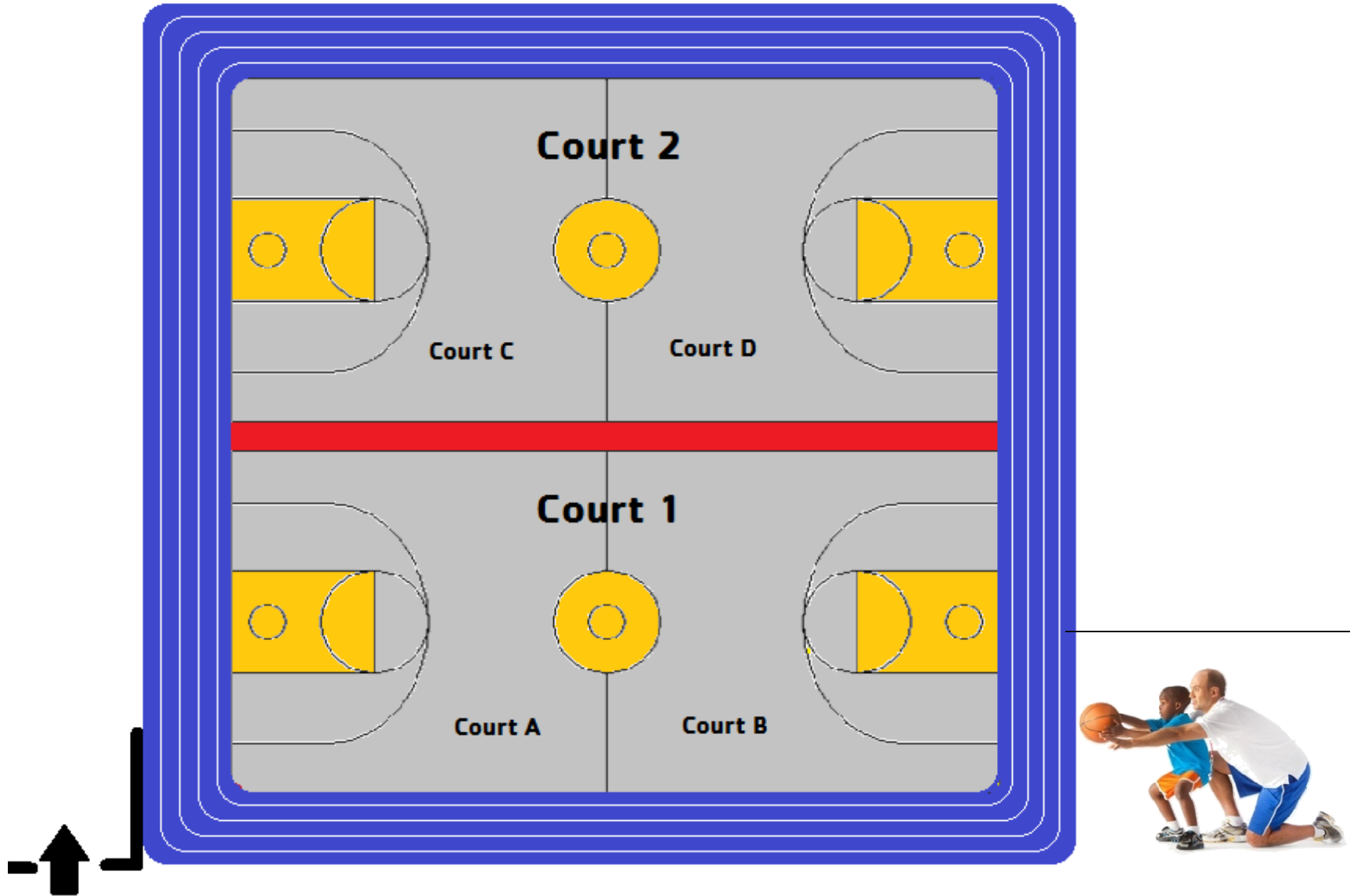
For Kids...

Crossfire	Youth Basketball	Fundamentals of Movement
Movement Ed.	Tae Kwon Do	Homeschool PE





NORTHWEST GYM LAYOUT





NORTHWEST WEEKEND GYM SCHEDULE

February 2012



Day/Time	Saturday				Sunday			
Court	A	B	C	D	A	B	C	D
8:00 AM	Youth Basketball				YMCA Closed			
8:30 AM								
9:00 AM								
9:30 AM								
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Weekend Fun...

Adult Volleyball
Crossfire



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