



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LARGE GYM

SCHEDULE BEGINNING:

September 5-December 31, 2023

Youth: Age 12-18 | Adults: Age 18+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Interval Training</b> 7:30a-8:15a		<b>Boot Camp</b> 7:00a-7:45a	<b>Interval Training</b> 7:00a-7:45a	<b>Beginners Pickleball Lessons</b> 8:00a-9:30a	
	<b>Open Court Pickleball Intermediate &amp; above (No instructor)</b> 8:30a-10:30a				<b>Senior Strength</b> 10:00a-10:45a	<b>Bootcamp</b> 8:15a-9:00a
<b>Family Open Gym</b> 10:15a-11:45a	<b>Open Gym</b> 2:00p-4:00p	<b>Menta Academy</b> 12:00-2:00p	<b>Adult Basketball</b> 11:00a-2:00p	<b>Menta Academy</b> 12:00-2:00p	<b>Balance &amp; Flexibility</b> 11:00a-11:45a	<b>Adult Open Basketball</b> 9:15a-11:15a
					<b>Adult/Family Open Gym</b> 12:00p-3:00p	<b>Open Court Pickleball Intermediate /Advanced (No instructor)</b> 12:00p-2:00p
<b>Open Court Pickleball Intermediate &amp; above (No instructor)</b> 12:00p-2:00p	<b>Youth Basketball</b> 4:00p-5:45p	<b>Youth Open Gym</b> 4:00-5:45pm		<b>Adult Basketball</b> 4:00p-5:45p	<b>Youth Open Gym</b> 3:15p-5:45p	<b>Family Open Gym</b> 2:15p-5:30p
<b>Beginners Pickleball Lessons</b> 2:00p-3:30p	<b>Tabata</b> 6:30p-7:15p	<b>Intermediate Pickleball Lessons</b> 7:00p-8:30p	<b>Tabata</b> 6:30p-7:15p			



Download the schedule by scanning the QR Code or visit [westcookymca.org/schedules](https://westcookymca.org/schedules)



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## SMALL GYM

SCHEDULE BEGINNING:

September. 5<sup>th</sup> - December. 31<sup>st</sup>, 2023

Youth: Age 12-18 | Adults: Age 18+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bootcamp Light</b> 10:15a-11:00a		<b>Rise &amp; Shine Yoga (Int-Adv)</b> 9:00a- 10:00a				<b>Power Vinyasa Yoga (Int-Adv)</b> 9:00a-9:45a
<b>Bootcamp</b> 11:15a-12:00p		<b>Gentle Movements Yoga (Beginner)</b> 10:15a-11:15a				<b>Yin Restorative Yoga (Beginner)</b> 10:00a-10:45a
				<b>Intro to Vinyasa Yoga (Int-Adv)</b> 5:30p-6:30p		



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