



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYM

SCHEDULE BEGINNING: April-August 16

Youth: Age 12-18 | **Adults:** Age 18+ | **Family:** All ages with family member

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Interval Training 7:00-7:45a		Boot Camp 7:00a-7:45a	Interval Training 7:00a-7:45a	Beginners Pickleball Lessons 8:00a-9:30a	
	Open Court Pickleball (Int-Adv) (No instructor) 8:30a-10:30a				Senior Strength 10:00a-11:00a	Bootcamp 8:15a-9:00a
Family Open Gym 10:15a-11:45a	Open Gym 2:00p-4:00p	Menta Academy 12:00-2:00p	Adult Basketball 11:00a-2:00p	Menta Academy 12:00-2:00p	Balance & Flexibility 11:00a-12:00p	Bootcamp Light in 9:15am-10:00am
					Adult/Family Open Gym 12:00p-3:00p	Adult Open Basketball 10:15a-11:45a
Open Court Pickleball (Int-Adv) (No instructor) 12:00p-2:00p	Youth Basketball 4:00p-5:45p	Youth & Family Open Gym 3:15p-4:45p	Youth Open Gym 4:00-5:45pm	Adult & Family Open Gym 3:15p-5:45p	Youth Open Gym 3:15p-5:45p	Open Court Pickleball (Int-Adv) (No instructor) 12:00p-2:00p
Beginners Pickleball Lessons 2:00p-3:30p						Family Open Gym 2:15p-5:30p
	Tabata Begins May 7 6:30p-7:15p (Maria) LG	Intermediate Pickleball Lessons 7:00pm-8:30pm	Tabata Begins May 2 6:30p-7:15p (Maria) LG			



Download the schedule by scanning the QR Code or visit westcookymca.org/schedules



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SMALL GYM

SCHEDULE BEGINNING: April-August 16

Youth: Age 12-18 | **Adults:** Age 18+ | **Family:** All ages with family member

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp Light 10:15a-11:00a		Rise & Shine Yoga (Int-Adv) 9:00a- 10:00a				Power Vinyasa Yoga (Int-Adv) 9:00a-9:45a
Bootcamp 11:15a-12:00p	Preschool Open Gym (CW Staff) 12:00p-1:00p	Gentle Movements Yoga (Beginner) 10:15a-11:15a	Preschool Open Gym (CW Staff) 12:00p-1:00p			Yin Restorative Yoga (Beginner) 10:00a-10:45a
				Intro to Vinyasa Yoga (Int-Adv) 5:30p-6:30p		



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