



Spring 2018  
Main Gym @ Tom Taylor Family YMCA  
April 1st - June 30th

10550 Harbor Hill Drive  
Gig Harbor, WA 98332  
(253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
4am	<b>Open Gym</b> 4:45am - 5:30am	<b>Open Gym</b> 4:45am - 5:15am	<b>Open Gym</b> 4:45am - 5:30am	<b>Open Gym</b> 4:45am - 5:15am	<b>Open Gym</b> 4:45am - 5:30am		
5am	<b>Boot Camp</b> 5:30am - 6:30am	<b>Boot Camp</b> 5:15am - 6:15am	<b>Boot Camp</b> 5:30am - 6:30am	<b>Boot Camp</b> 5:15am - 6:15am	<b>Boot Camp</b> 5:30am - 6:30am		
6am	<b>Pickleball</b> 6:45am - 9:45am	<b>Open Gym</b> 6:15am - 9am	<b>Pickleball</b> 6:45am - 9:45am	<b>Open Gym</b> 6:15am - 7am	<b>Pickleball</b> 6:45am - 9:45am	<b>Pickleball</b> 6:30am - 10:30am	
7am				<b>Adult Drop-In Basketball</b> 7am - 9am			
8am							<b>Pickleball</b> 8am - 1pm
9am		<b>Kickboxing</b> 9:15am - 10am		<b>Kickboxing</b> 9:15am - 10am			
10am	<b>Adult Drop-In Basketball</b> 10am - 1pm	<b>Muscle Toning</b> 10:10am - 11am	<b>Adult Drop-In Basketball</b> 10am - 1pm	<b>Muscle Toning</b> 10:10am - 11am	<b>Adult Drop-In Basketball</b> 10am - 1pm	<b>HIIT</b> 10:45am - 11:30am	
11am		<b>Pickleball</b> 11:15am - 2:15pm		<b>Pickleball</b> 11:15am - 2:15pm		<b>Registered Programming</b> 11:45am - 5pm	
1pm	<b>Low Impact Cardio</b> 1:15pm - 2pm		<b>Low Impact Cardio</b> 1:15pm - 2pm		<b>Low Impact Cardio</b> 1:15pm - 2pm		<b>Open Gym</b> 1pm - 5pm
2pm	<b>Open Gym</b> 2pm - 4:45pm	<b>Open Gym</b> 2:30pm - 4:45pm	<b>Open Gym</b> 2:15pm - 4:45pm	<b>Open Gym</b> 2:30pm - 4:45pm	<b>Open Gym</b> 2pm - 7pm		
5pm	<b>Youth Soccer League</b> 5pm - 6pm	<b>Youth Soccer League</b> 5pm - 7pm	<b>Youth Soccer League</b> 5pm - 6pm	<b>Youth Soccer League</b> 5pm - 7pm		<b>Open Gym</b> 5:15pm - 6:45pm	<b>Volleyball</b> 5pm - 6:45pm
6pm	<b>HIIT</b> 6pm - 7pm		<b>HIIT</b> 6pm - 7pm				
7pm	<b>Volleyball</b> 7pm - 9:25pm	<b>Adult Drop-In Basketball</b> 7pm - 9:25pm	<b>Volleyball</b> 7pm - 9:25pm	<b>Adult Drop-In Basketball</b> 7pm - 9:25pm	<b>Pickleball</b> 7pm - 9:25pm	<b>Adult Drop-In Basketball</b> 7pm - 9:25pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at [www.ympcpc.org](http://www.ympcpc.org) or on our mobile application.

**SPRING BREAK CAMP | April 16-20**  
**SUMMER CAMP | June 25-29**

**Holiday Hours;**

**Easter | April 1, CLOSED**

**Memorial Day | May 28, 7am-3pm**

Registered classes and Swim Lessons will not occur during these dates;

- April 16-22
- May 21-27
- June 25-30



## Class Descriptions Tom Taylor Family YMCA

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**Adult Drop-In Basketball** - Join a drop-in game for friendly competition in a supportive environment. Group sports and recreation is fun and makes for a healthier lifestyle.

**Boot Camp** - Join in boot camp style circuits in this fast-paced class that focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.

**HIIT** - High Intensity Interval Training. A form of cardio training that incorporates alternating short intervals with longer, slower intervals to recover.

**Kickboxing** - Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals set to music.

**Low Impact Cardio** - Minimize muscular and joint stress while improving muscular endurance in this low impact class.

**Muscle Toning** - Condition the total body through strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and resistance balls.

**Open Gym** - Gym is available for fitness activities excluding activities that require nets to be put up ( i.e. Volleyball or Pickleball).

**Pickleball** - Come join in with others to play Pickleball.

**Registered Programming** - This area is reserved for registered programming. Please visit our Welcome Center for more information.

**Volleyball** - Families and individuals are welcome to attend volleyball open gym. Ages 15 and up.

**Youth Soccer League** - Practice dribbling, passing, trapping, shooting, and footwork skills, as well as concepts of offense, defense, cooperation, and teamwork as a member on a team and participate in competitive outdoor matches.