



Summer Schedule
Main Gym @ Tom Taylor Family YMCA
 July 1st - September 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4am	Open Gym 4:45am - 5:30am	Open Gym 4:45am - 5:15am	Open Gym 4:45am - 5:30am	Open Gym 4:45am - 5:15am	Open Gym 4:45am - 5:30am		
5am	Boot Camp 5:30am - 6:30am	Boot Camp 5:15am - 6:15am	Boot Camp 5:30am - 6:30am	Boot Camp 5:15am - 6:15am	Boot Camp 5:30am - 6:30am		
6am	Pickleball 6:45am - 9:45am	Open Gym 6:15am - 9am	Pickleball 6:45am - 9:45am	Open Gym 6:15am - 7am	Pickleball 6:45am - 9:45am	Pickleball 6:30am - 10:30am	
7am				Adult Drop-In Basketball 7am - 9am			
8am							Pickleball 8am - 1pm
9am		Kickboxing 9:15am - 10am		Kickboxing 9:15am - 10am			
10am	Adult Drop-In Basketball 10am - 1pm	Muscle Toning 10:10am - 11am	Adult Drop-In Basketball 10am - 1pm	Muscle Toning 10:10am - 11am	Adult Drop-In Basketball 10am - 1pm	HIIT 10:45am - 11:30am	
11am		Pickleball 11:15am - 2:15pm		Pickleball 11:15am - 2:15pm		Registered Programming 11:45am - 5pm	
1pm	Low Impact Cardio 1:15pm - 2pm		Low Impact Cardio 1:15pm - 2pm		Low Impact Cardio 1:15pm - 2pm		Open Gym 1pm - 5pm
2pm	Open Gym 2pm - 4:45pm	Open Gym 2:30pm - 4:45pm	Open Gym 2:15pm - 4:45pm	Open Gym 2:30pm - 4:45pm	Open Gym 2pm - 7pm		
5pm	Registered Programming 5pm - 6pm	Registered Programming 5pm - 7pm	Registered Programming 5pm - 6pm	Registered Programming 5pm - 7pm		Open Gym 5:15pm - 6:45pm	Volleyball 5pm - 6:45pm
6pm	HIIT 6pm - 7pm		HIIT 6pm - 7pm				
7pm	Volleyball 7pm - 9:25pm	Adult Drop-In Basketball 7pm - 9:25pm	Volleyball 7pm - 9:25pm	Adult Drop-In Basketball 7pm - 9:25pm	Pickleball 7pm - 9:25pm	Adult Drop-In Basketball 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 or on our mobile application.

Special hours of operation:

- Independence Day | July 4, 7am – 1pm
- Summer Celebration | August 17, 4:45am – 5pm
- Labor Day | September 3, 7am-3pm

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

- July 4
- July 29 - August 5
- September 3 -16

MAIN GYM CLOSED | September 26, 9:45am - 2pm | Fall Prevention and Health Fair



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.