



Mukilteo Family YMCA

April 19th - April 25th

10601 47th Place West

Mukilteo, WA 98275

(425) 493-9622

	FRI 19	SAT 20	SUN 21	MON 22	TUE 23	WED 24	THU 25
5am	Adult Lap Swim Pool Staff . 5am - 7:30am			Adult Lap Swim Pool Staff . 5am - 7:30am	Adult Lap Swim Pool Staff . 5am - 7:30am	Adult Lap Swim Pool Staff . 5am - 7:30am	Adult Lap Swim Pool Staff . 5am - 7:30am
					Cycle Wellness 1 Louise . 5:15am - 6:15am	TRX Wellness 2 Louise . 5:15am - 6:15am	Cycle Wellness 1 Louise . 5:15am - 6:15am
7am	Water Fitness Pool Chris . 7:30am - 8:30am	Adult Lap Swim Pool Staff . 7am - 7:50am			Water Fitness Pool Wendy . 7:30am - 8:30am	Water Fitness Pool Wendy . 7:30am - 8:30am	Water Fitness Pool Wendy . 7:30am - 8:30am
8am	Water Walk Pool Staff . 8:30am - 9am	Aqua Zumba® Pool Nancy . 8am - 8:55am	Adult Lap Swim Pool Staff . 8am - 10am		Zumba® Wellness 2 Christine . 8am - 9am	Zumba® Gold Toning Wellness 1 Joan . 8am - 9am	Zumba® Wellness 2 Christine . 8am - 9am
		Cycle Wellness 1 Louise . 8am - 9am					
		Zumba® Toning - Mill Creek Wellness 2 Joan or Tracy . 8am - 9am					
9am	Cycle Heart Rate Wellness 1 Maria . 9:15am - 10:15am	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 9am - 1pm	Yoga Wellness 2 Louise . 9am - 10am	Cycle Heart Rate Wellness 1 Maria . 9:15am - 10:15am	Cycle Wellness 1 Karen C. 9:15am - 10:15am	Power Pump Wellness 2 Karen C. 9:15am - 10:15am	Dance Fusion Wellness 1 Rene . 9:15am - 10:15am
	TRX Wellness 2 Melissa . 9:15am - 10:15am	Child Watch Open [6 weeks-6 years] * Child Watch/Adventure Zone Staff . 9am - 1pm		Step Interval Strength Wellness 2 Karen C. 9:15am - 10:15am	TRX Wellness 2 Melissa . 9:15am - 10:15am	Cycle Heart Rate Wellness 1 Maria . 9:15am - 10:15am	Pilates/Matt Wellness 2 Karen C. 9:15am - 10:15am
	Tai Chi Wellness 1 Donna . 9:30am - 10:30am	\$ Swim Lessons Pool Staff . 9am - 12pm		Tai Chi Wellness 1 Donna . 9:30am - 10:30am		Tai Chi Wellness 1 Donna . 9:30am - 10:30am	
		STRONG by Zumba® Wellness 1 Kat . 9:15am - 10:15am					
		Yoga Wellness 2 Louise . 9:20am - 10:20am					

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10am	Power Yoga Wellness 1 Theresa . 10:30am - 11:30am	Zumba® Wellness 2 Gail . 10:45am - 11:45am	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 10am - 2pm	Pilates/Yoga Fusion Wellness 1 Melissa . 10:30am - 11:30am	Core Strength Wellness 1 Karen C. 10:25am - 11am	Pilates/Yoga Fusion Wellness 1 Melissa . 10:30am - 11:30am	Cycle Wellness 1 Melissa . 10:30am - 11:30am
	Fit Forever Wellness 2 Maria . 10:45am - 11:30am		Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 10am - 2pm	Zumba® Gold Wellness 2 Joan . 10:30am - 11:30am	Yoga Wellness 2 Sarah . 10:30am - 11:30am	Fit Forever Wellness 2 Maria . 10:45am - 11:30am	Yoga Wellness 2 Karen C. 10:30am - 11:30am
			Water Walk Pool Staff . 10am - 11am				
			TRX Wellness 2 Louise . 10:15am - 11:15am				
11am	SilverSneakers® Yoga Wellness 1 Sarah . 11:45am - 12:30pm		Family Swim Pool Staff . 11am - 4:30pm	SilverSneakers® Circuit Wellness 2 Karen H. 11:45am - 12:30pm	SilverSneakers® Classic Wellness 1 Karen H. 11:45am - 12:30pm	SilverSneakers® Circuit Wellness 2 Karen H. 11:45am - 12:30pm	SilverSneakers® Classic Wellness 1 Karen H. 11:45am - 12:30pm
	Zumba® Wellness 2 Rene . 11:45am - 12:45pm		Open Swim Pool Staff . 11am - 4:30pm		Strength Train Together Wellness 2 Maria . 11:45am - 12:45pm		Strength Train Together Wellness 2 Maria . 11:45am - 12:45pm
12pm	Water Fitness Pool Consuelo . 12pm - 1pm	Water Walk Pool Staff . 12pm - 1pm		Cycle Heart Rate Wellness 1 Maria . 12pm - 1pm	Water Walk Pool Staff . 12pm - 1pm	Cycle Wellness 1 Donna . 12pm - 1pm	Water Walk Pool Staff . 12pm - 1pm
		Family Swim Pool Staff . 12pm - 5:30pm		Water Fitness Pool Consuelo . 12pm - 1pm		Water Fitness Pool Consuelo . 12pm - 1pm	
				Yoga Wellness 2 Teresa . 12:45pm - 1:45pm		Yoga Wellness 2 Teresa . 12:45pm - 1:45pm	
1pm	Open Swim Pool Staff . 1pm - 3:30pm	Open Swim Pool Staff . 1pm - 5:30pm		Open Swim Pool Staff . 1pm - 3:55pm	Open Swim Pool Staff . 1pm - 3:55pm	Open Swim Pool Staff . 1pm - 3:55pm	Open Swim Pool Staff . 1pm - 3:55pm
3pm				Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm

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				Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm	Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 3:30pm - 8:30pm
4pm	Adventure Zone- Open Play Child Watch/Adventure Zone Staff . 4pm - 7:30pm			\$ Swim Lessons Pool Staff . 4pm - 7pm	\$ Swim Lessons Pool Staff . 4pm - 7pm	\$ Swim Lessons Pool Staff . 4pm - 7pm	\$ Swim Lessons Pool Staff . 4pm - 7pm
	Muk Island Pool Staff . 4pm - 6pm			Zumba® Wellness 2 Joan . 4:45pm - 5:45pm	TRX Wellness 2 Cindy . 4:45pm - 5:45pm	Zumba® Wellness 2 Janette . 4:45pm - 5:45pm	TRX Wellness 2 Maria . 4:45pm - 5:45pm
	Child Watch Open 6 weeks-6 years * Child Watch/Adventure Zone Staff . 4pm - 7:30pm						
5pm				Cycle Wellness 1 Sharon . 5pm - 6pm	Cardio Kickboxing Wellness 1 Laura . 5pm - 6pm		H.I.T.T. Wellness 1 Ethan . 5pm - 6pm
6pm	Zumba® Wellness 2 Kat . 6pm - 7pm			Strength Train Together Wellness 2 Nancy . 6pm - 7pm	Zumba® Wellness 2 Gail . 6pm - 7pm	Strength Train Together Wellness 2 Nancy . 6pm - 7pm	Zumba® Toning - Mill Creek Wellness 2 Gail . 6pm - 7pm
	Open Swim Pool Staff . 6:30pm - 9:30pm				Cycle Wellness 1 Cindy . 6:15pm - 7:15pm		Cycle Wellness 1 Cindy . 6:15pm - 7:15pm
7pm				Open Swim Pool Staff . 7pm - 8pm	Aqua Zumba® Pool Nancy . 7pm - 8pm	Open Swim Pool Staff . 7pm - 9:30pm	\$ Masters Swim Pool Staff . 7pm - 8pm
				Yoga Wellness 2 Louise . 7:15pm - 8:15pm	Adult Karate Wellness 2 Colleen . 7:10pm - 8:30pm	Yoga Wellness 2 Louise . 7:15pm - 8:15pm	Adult Karate Wellness 2 Jay . 7:10pm - 8:30pm
8pm				\$ Masters Swim Pool Staff . 8pm - 9pm	\$ Masters Swim Pool Staff . 8pm - 9pm		Family Swim Pool Staff . 8pm - 9:30pm
							Open Swim Pool Staff . 8pm - 9:30pm

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9pm

FRI 19	SAT 20	SUN 21	MON 22	TUE 23	WED 24	THU 25
			Open Swim Pool Staff . 9pm - 9:30pm	Open Swim Pool Staff . 9pm - 9:30pm		

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