



YMCA of Grants Pass

May 8th - May 14th

1000 Redwood Avenue
GRANTS PASS, OR 97527
(541) 474-0001

	THU 8	FRI 9	SAT 10	SUN 11	MON 12	TUE 13	WED 14
5am	Boot Camp Main Gymnasium Mike or Vickie 5am - 6am	Boot Camp Main Gymnasium Mike or Vickie 5am - 6am			Boot Camp Main Gymnasium Mike or Vickie 5am - 6am	Boot Camp Main Gymnasium Mike or Vickie 5am - 6am	
6am	Pickleball 3.5+ Main Gymnasium No Instructor 6am - 8am	Pickleball 3.5+ Main Gymnasium No Instructor 6am - 8am			Pickleball 3.5+ Main Gymnasium No Instructor 6am - 8am	Pickleball 3.5+ Main Gymnasium No Instructor 6am - 8am	Pickleball 3.5+ Main Gymnasium No Instructor 6am - 8am
8am	Pickleball Main Gymnasium No Instructor 8am - 9:30am	Pickleball Main Gymnasium No Instructor 8am - 11am			Pickleball Main Gymnasium No Instructor 8am - 11am	Pickleball Main Gymnasium No Instructor 8am - 9:30am	Pickleball Main Gymnasium No Instructor 8am - 11am
9am	Badminton Main Gymnasium No Instructor 9:30am - 11:30am					Badminton Main Gymnasium No Instructor 9:30am - 11:30am	
12pm		Noon Basketball Main Gymnasium No Instructor 12pm - 2:30pm			Noon Basketball Main Gymnasium No Instructor 12pm - 2:30pm		Noon Basketball Main Gymnasium No Instructor 12pm - 2:30pm

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.