



YMCA of Grants Pass

July 7th - July 13th

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

	MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
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 - 11am	Pickleball Main Gymnasium No Instructor 8am - 9:30am	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.