

Snoqualmie Valley YMCA | January 27th - February 2nd

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Personal Training 30 Minutes - 1 Session Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |
| Personal Training 60 Minutes - 1 Session Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |
| Personal Training Partner - 1 Session Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |
| Personal Training 30 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 10 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personalized Wellness | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Plan | (Private Training) |
| Snoq Y - Fitness Center | Snoqualmie Y. |
| Personal Training 30 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 3 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personal Training 30 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 5 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personal Training 60 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 10 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personal Training 60 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 3 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personal Training 60 | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| Minutes - 5 Sessions | (Private Training) |
| Snoq Y - Activity Center | Snoqualmie Y. |
| Personal Training Partner - 10 Sessions Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |
| Personal Training Partner - 3 Sessions Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |
| Personal Training Partner - 5 Sessions Snoq Y - Activity Center | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m9:00 p.m. | 6:00 a.m8:00 p.m. | 7:00 a.m5:00 p.m. | 8:00 a.m5:00 p.m. |
| | (Private Training) |
| | Snoqualmie Y. |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|--|---|
| Basketball - All Ages Snoq Y - Gym | 6:00 a.m7:45 a.m. (Basketball Drop In) | 6:00 a.m7:00 a.m. (Basketball Drop In) | 6:30 p.m7:30 p.m. (Basketball Drop In) | 6:00 a.m7:00 a.m. (Basketball Drop In) | | | |
| | | 7:00 a.m8:00 a.m. (Basketball Drop In) | 7:30 p.m8:45 p.m. (Basketball Drop In) | 7:00 a.m8:00 a.m. (Basketball Drop In) | | | |
| | | 8:00 a.m9:00 a.m. (Basketball Drop In) | | 8:00 a.m9:00 a.m. (Basketball Drop In) | | | |
| | | 9:00 a.m10:00 a.m. (Basketball Drop In) | | 9:00 a.m10:00 a.m. (Basketball Drop In) | | | |
| | | 10:00 a.m11:15 a.m. (Basketball Drop In) | | 10:00 a.m11:15 a.m. (Basketball Drop In) | | | |
| | | 7:30 p.m8:45 p.m. (Basketball Drop In) | | | | | |
| Barbell Pump inoq Y - Gym | 8:00 a.m9:00 a.m. (Strength) | | 8:00 a.m9:00 a.m. (Strength) | | 8:00 a.m9:00 a.m. (Strength) | | |
| Kids Zone: Ages 6-weeks to 9-years-old Snoq Y - Kids ¹ Zone | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) | 9:15 a.m11:15 a.m. (Kids Zone Drop In) |
| | 4:15 p.m7:15 p.m. (Kids Zone Drop In) | 4:15 p.m7:15 p.m. (Kids Zone Drop In) | 4:15 p.m7:15 p.m. (Kids Zone Drop In) | 4:15 p.m7:15 p.m. (Kids Zone Drop In) | | | |
| lumba® Gold noq Y - Gym | 9:15 a.m10:00 a.m. (Dance) | | 9:15 a.m10:00 a.m. (Dance) | | | | |
| Pilates - Mat noq Y - Multipurpose Room | 10:00 a.m11:00 a.m. (Mind Body) | | 10:00 a.m11:00 a.m. (Mind Body) | | 4:00 p.m5:00 p.m. (Mind Body) | 9:15 a.m10:15 a.m. (Mind Body) | |
| community Event - Jump cround noq Y - Gym | 11:30 a.m1:00 p.m. (Family & Teen Activities) | | | | | | |
| Pickleball - All Ages Gnoq Y - Gym | 1:15 p.m2:45 p.m. (Pickleball Drop In) | 11:30 a.m2:45 p.m. (Pickleball Drop In) | 11:30 a.m2:45 p.m. (Pickleball Drop In) | 11:30 a.m2:45 p.m. (Pickleball Drop In) | 11:30 a.m2:45 p.m. (Pickleball Drop In) | 12:45 p.m2:45 p.m. (Pickleball Drop In) | 10:00 a.m11:45 a.m. (Pickleball Drop In) |
| Basketball - Teen Inoq Y - Gym | 3:00 p.m5:00 p.m. (Basketball Drop In) | 3:00 p.m5:00 p.m. (Basketball Drop In) | 3:00 p.m5:00 p.m. (Basketball Drop In) | 3:00 p.m5:00 p.m. (Basketball Drop In) | 3:00 p.m5:00 p.m. (Basketball Drop In) | | |
| Circuit Inoq Y - Multipurpose Room | 4:45 p.m5:15 p.m. (Team Training) | | 4:45 p.m5:15 p.m. (Team Training) | | | | |
| Youth Basketball Program - Minis Inoq Y - Gym | 5:15 p.m6:00 p.m. (Basketball Classes) | | | | | | |
| Dance Fitness Snoq Y - Multipurpose Room | 5:30 p.m6:30 p.m. (Dance) | | 5:30 p.m6:30 p.m. (Dance) | | | | |
| Basketball Skills Academy - Rookies Inoq Y - Gym | 6:15 p.m7:15 p.m. (Basketball Classes) | | | | | | |
| Cycle - Strength Gnoq Y - Cycle Room | 6:30 p.m7:15 p.m. (Cycle) | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|---|---|
| Open Gym - All Ages Snoq Y - Gym | 7:30 p.m8:45 p.m. (Open Gym Drop In) | | | | 9:15 a.m10:00 a.m. (Open Gym Drop In) | 3:00 p.m4:45 p.m. (Open Gym Drop In) | 2:30 p.m4:45 p.m. (Open Gym Drop In) |
| WARRIOR Strength Snoq Y - Multipurpose Room | | 6:05 a.m7:05 a.m. (Strength) | | | | | |
| Cycle - Beginner Snoq Y - Cycle Room | | 8:00 a.m8:45 a.m. (Cycle) | | 8:00 a.m8:45 a.m. (Cycle) | | | |
| PiYo Snoq Y - Multipurpose Room | | 9:45 a.m10:45 a.m. (Mind Body) | | 9:45 a.m10:45 a.m. (Mind Body) | | | |
| AOA - Chair Yoga Gnoq Y - Multipurpose Room | | 11:00 a.m12:00 p.m. (Mind Body) | | 11:00 a.m12:00 p.m. (Mind Body) | | | |
| FRX® Gnoq Y - Multipurpose Room | | 4:30 p.m5:15 p.m. (Strength) | | 4:30 p.m5:15 p.m. (Strength) | 9:15 a.m10:00 a.m. (Strength) | | |
| Youth Indoor Soccer Program - Minis Snoq Y - Gym | | 5:15 p.m6:00 p.m. (Soccer Classes) | | | | | |
| Zumba ® Snoq Y - Multipurpose Room | | 5:30 p.m6:15 p.m. (Dance) | | | | | |
| Basketball Skills Academy - Juniors Gnoq Y - Gym | | 6:15 p.m7:15 p.m. (Basketball Classes) | | | | | |
| Yoga Pilates Fusion Snoq Y - Multipurpose Room | | 6:30 p.m7:15 p.m. (Mind Body) | | | | | |
| es Mills BODYPUMP Gnoq Y - Gym | | | 6:15 a.m7:15 a.m. (Strength) | | 6:15 a.m7:15 a.m. (Strength) | 9:15 a.m10:15 a.m. (Strength) | |
| AOA Cardio and Strength Gnoq Y - Gym | | | 10:15 a.m11:15 a.m. (Cardio) | | 10:15 a.m11:15 a.m. (Cardio) | | |
| Tween Club - Snoqualmie Gnoq Y - Annex | | | 5:00 p.m6:30 p.m. (Family & Teen Activities) | | | | |
| Yoga - Vinyasa Snoq Y - Multipurpose Room | | | 6:30 p.m7:30 p.m. (Mind Body) | | | 10:30 a.m11:30 a.m. (Mind Body) | |
| Basketball Drop-in - Adult Gnoq Y - Gym | | | | 5:00 p.m8:45 p.m. (Basketball Drop In) | | | |
| /olleyball - Adult Gnoq Y - Gym | | | | | 5:00 p.m7:45 p.m. (Volleyball Drop ln) | | |
| Family Night - Bingo Snoq Y - Annex | | | | | 6:00 p.m7:00 p.m. (Family & Teen Activities) | | |
| Open Gym - Family Gnoq Y - Gym | | | | | | 7:00 a.m9:00 a.m. (Open Gym Drop In) | 8:00 a.m9:45 a.m. (Open Gym Drop In) |
| Volleyball - Family Snoq Y - Gym | | | | | | 10:30 a.m12:30 p.m. (Volleyball Drop In) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--|
| Birthday Party - Jump Around Snoq Y - Gym | | | | | | | 12:30 p.m2:00 p.m. (Birthday Parties) |