

Northshore YMCA | March 10th - March 16th

All times are subject to change. Visit seattleymca.org/schedules for current activities and times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - All Ages Northshore Y Family Gymnasium	6:00 a.m8:45 a.m. (Open Gym Drop In)	6:00 a.m6:45 a.m. (Open Gym Drop In)	6:00 a.m9:15 a.m. (Open Gym Drop In)	6:00 a.m6:45 a.m. (Open Gym Drop In)	6:00 a.m8:45 a.m. (Open Gym Drop In)	7:00 a.m8:00 a.m. (Open Gym Drop In)	4:00 p.m5:00 p.m. (Open Gym Drop In)
	12:00 p.m4:15 p.m. (Open Gym Drop In)	8:00 a.m9:00 a.m. (Open Gym Drop In)	12:00 p.m2:30 p.m. (Open Gym Drop In)	8:00 a.m9:00 a.m. (Open Gym Drop In)	12:00 p.m1:15 p.m. (Open Gym Drop In)		
	8:15 p.m9:00 p.m. (Open Gym Drop In)	10:15 a.m5:45 p.m. (Open Gym Drop In)	8:15 p.m9:00 p.m. (Open Gym Drop In)	10:15 a.m12:45 p.m. (Open Gym Drop In)	3:15 p.m4:15 p.m. (Open Gym Drop In)		
		8:15 p.m9:00 p.m. (Open Gym Drop In)		8:15 p.m9:00 p.m. (Open Gym Drop In)	7:30 p.m8:00 p.m. (Open Gym Drop In)		
Open Gym - All Ages Northshore Y Main Gymnasium	6:00 a.m11:30 a.m. (Open Gym Drop In)	6:00 a.m9:45 a.m. (Open Gym Drop In)	6:00 a.m11:30 a.m. (Open Gym Drop In)	6:00 a.m9:45 a.m. (Open Gym Drop In)	6:00 a.m11:30 p.m. (Open Gym Drop In)	7:00 a.m5:00 p.m. (Open Gym Drop In)	8:00 a.m5:00 p.m. (Open Gym Drop In)
	1:30 p.m3:15 p.m. (Open Gym Drop In)	2:00 p.m9:00 p.m. (Open Gym Drop In)	1:30 p.m3:15 p.m. (Open Gym Drop In)	2:00 p.m9:00 p.m. (Open Gym Drop In)	1:30 p.m3:00 p.m. (Open Gym Drop In)		
					4:30 p.m9:00 p.m. (Open Gym Drop In)		
Lap Swim Northshore Y Pool	6:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m7:45 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m7:45 a.m. (Lap Swim & Water Walking - Swim)	8:00 a.m10:00 a.m. (Lap Swim & Water Walking - Swim)
	12:00 p.m2:00 p.m. (Lap Swim & Water Walking - Swim)	1:00 p.m2:00 p.m. (Lap Swim & Water Walking - Swim)	12:00 p.m2:00 p.m. (Lap Swim & Water Walking - Swim)	9:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	1:00 p.m2:00 p.m. (Lap Swim & Water Walking - Swim)		
				1:00 p.m2:00 p.m. (Lap Swim & Water Walking - Swim)			
Water Walking Northshore Y Pool	7:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)	6:00 a.m7:45 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)		
				9:00 a.m11:00 a.m. (Lap Swim & Water Walking - Swim)			
Virtual Group Fitness Strength - Northshore Y Multi Purpose Room	7:00 a.m8:00 a.m. (Strength)		7:00 a.m8:00 a.m. (Strength)		7:00 a.m8:00 a.m. (Strength)		9:30 a.m10:30 a.m. (Strength)
					8:00 a.m8:45 a.m. (Strength)		
Pickleball - All Ages Carol Edwards - Gym	8:00 a.m12:00 p.m. (Pickleball Drop In)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Northshore Y Multi Purpose Room	8:15 a.m9:00 a.m. (Cardio)		8:15 a.m9:00 a.m. (Cardio)				
Kids Zone: Ages 6-weeks to 2-years-old Northshore Y Kids Corner	8:45 a.m12:00 p.m. (Kids Zone Drop In)	9:00 a.m12:00 p.m. (Kids Zone Drop In)	9:00 a.m12:00 p.m. (Kids Zone Drop In)	9:00 a.m12:00 p.m. (Kids Zone Drop In)	8:45 a.m12:00 p.m. (Kids Zone Drop In)	9:00 a.m12:30 p.m. (Kids Zone Drop In)	9:00 a.m12:30 p.m. (Kids Zone Drop In)
Les Mills BODYPUMP Northshore Y Family Gymnasium	9:00 a.m9:45 a.m. (Strength)	6:00 p.m7:00 p.m. (Strength)	9:30 a.m10:15 a.m. (Strength)	6:00 p.m7:00 p.m. (Strength)	9:00 a.m9:45 a.m. (Strength) 5:45 p.m6:30 p.m. (Strength)	9:15 a.m10:15 a.m. (Strength)	
Dance Fitness Northshore Y Multi Purpose Room	9:15 a.m10:00 a.m. (Dance - Fitness)		9:15 a.m10:00 a.m. (Dance - Fitness)				
AOA Cardio and Strength Northshore Y Family Gymnasium	11:00 a.m11:45 a.m. (Cardio)		11:00 a.m11:45 a.m. (Cardio)		11:00 a.m11:45 a.m. (Cardio)		
Aqua Fitness Northshore Y Pool	11:15 a.m12:00 p.m. (Water Fitness)		11:15 a.m12:00 p.m. (Water Fitness)	8:00 a.m8:45 a.m. (Water Fitness)	11:15 a.m12:00 p.m. (Water Fitness)	8:00 a.m8:45 a.m. (Water Fitness)	
Kids Zone: Ages 5 to 9- years-old Northshore Y Adventure Zone	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)			
Kids Zone: Ages 6-weeks to 4-years-old Northshore Y Kids Corner	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)			
Kids Zone: Ages 10 to 13- years-old Northshore Y Youth Center	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)	4:30 p.m8:30 p.m. (Kids Zone Drop In)			
Total Body Conditioning Northshore Y Family Gymnasium	6:00 p.m7:00 p.m. (Cardio)		6:00 p.m7:00 p.m. (Cardio)				
Yoga - All Levels Northshore Y Multi Purpose Room	6:15 p.m7:15 p.m. (Mind Body)	10:15 a.m11:15 a.m. (Mind Body)	10:30 a.m11:30 a.m. (Mind Body) 6:15 p.m7:15 p.m. (Mind Body)	10:15 a.m11:15 a.m. (Mind Body)		8:15 a.m9:15 a.m. (Mind Body)	10:30 a.m11:30 a.m. (Mind Body)
Bollywood Fitness Northshore Y Family Gymnasium	7:15 p.m8:00 p.m. (Dance - Fitness)		7:15 p.m8:00 p.m. (Dance - Fitness)				
Boot Camp Northshore Y Family Gymnasium		7:00 a.m7:45 a.m. (HIIT - Fitness)		7:00 a.m7:45 a.m. (HIIT - Fitness)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Strength - Express Northshore Y Multi Purpose Room		8:30 a.m9:00 a.m. (Strength)		8:30 a.m9:00 a.m. (Strength)			
				5:15 p.m5:45 p.m. (Strength)			
Zumba® Northshore Y Family Gymnasium		9:15 a.m10:00 a.m. (Dance - Fitness)		9:15 a.m10:00 a.m. (Dance - Fitness)		10:30 a.m11:30 a.m. (Dance - Fitness)	
		7:15 p.m8:00 p.m. (Dance - Fitness)		7:15 p.m8:00 p.m. (Dance - Fitness)			
Pickleball - All Ages Northshore Y Main Gymnasium		10:00 a.m2:00 p.m. (Pickleball Drop In)		10:00 a.m2:00 p.m. (Pickleball Drop In)			
AOA - Chair Yoga Northshore Y Multi Purpose Room		11:30 a.m12:15 p.m. (Mind Body)			12:00 p.m12:45 p.m. (Mind Body)		
Arthritis & Injury - Aqua Fitness Northshore Y Pool		12:15 p.m1:00 p.m. (Water Fitness)		12:15 p.m1:00 p.m. (Water Fitness)	12:15 p.m1:00 p.m. (Water Fitness)		
Core Strength - Express		5:15 p.m5:45 p.m. (Strength)					
Above the Barre		6:00 p.m7:00 p.m. (Mind Body)					
Above the Barre Northshore Y Multi Purpose Room				6:00 p.m7:00 p.m. (Mind Body)			
Line Dancing Northshore Y Multi Purpose Room					9:15 a.m10:00 a.m. (Dance - Fitness)		
Meditation Northshore Y Multi Purpose Room						9:30 a.m10:00 a.m. (Mind Body)	
Pickleball - All Ages Northshore Y Family Gymnasium							9:30 a.m4:00 p.m. (Pickleball Drop In)
Recreational Swim Northshore Y Pool							10:00 a.m2:30 p.m. (Recreational & Community Swim)
Lap Swim Limited Northshore Y Pool							10:00 a.m4:30 p.m. (Lap Swim & Water Walking - Swim)