



# Dale Turner Family YMCA | April 7th - April 13th

All times are subject to change. Visit [seattlemca.org/schedules](http://seattlemca.org/schedules) for current activities and times.

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday                             | Sunday |
|--|--------|---------|-----------|----------|--------|--------------------------------------|--------|
| <b>Yoga - All Levels</b><br>Dale Turner Y Reflection<br>Studio |        |         |           |          |        | 11:15 a.m.-12:15 p.m.<br>(Mind Body) |        |