



# Sammamish Community YMCA | March 10th - March 16th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Badminton - All Ages</b> Sammamish Y Gymnasium West	5:00 a.m.-9:45 a.m. (Badminton Drop In)		5:00 a.m.-9:45 a.m. (Badminton Drop In)		5:00 a.m.-9:45 a.m. (Badminton Drop In)		
<b>Open Gym - All Ages</b> Sammamish Y Small Gymnasium	5:00 a.m.-7:45 a.m. (Open Gym Drop In)  1:45 p.m.-4:00 p.m. (Open Gym Drop In)  6:45 p.m.-9:00 p.m. (Open Gym Drop In)	5:00 a.m.-7:45 a.m. (Open Gym Drop In)  9:30 a.m.-3:45 p.m. (Open Gym Drop In)  6:15 p.m.-9:00 p.m. (Open Gym Drop In)	5:00 a.m.-7:45 a.m. (Open Gym Drop In)  12:30 p.m.-6:30 p.m. (Open Gym Drop In)  8:00 p.m.-9:00 p.m. (Open Gym Drop In)	5:00 a.m.-7:45 a.m. (Open Gym Drop In)  11:15 a.m.-3:45 p.m. (Open Gym Drop In)  8:00 p.m.-9:00 p.m. (Open Gym Drop In)	5:00 a.m.-7:45 a.m. (Open Gym Drop In)  12:30 p.m.-3:45 p.m. (Open Gym Drop In)	8:45 a.m.-7:00 p.m. (Open Gym Drop In)	8:00 a.m.-10:15 a.m. (Open Gym Drop In)
<b>Lap Swim</b> Sammamish Y Lap Pool	5:15 a.m.-8:15 a.m. (Lap Swim & Water Walking - Swim)  9:45 a.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)  7:45 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:15 a.m.-8:15 a.m. (Lap Swim & Water Walking - Swim)  9:45 a.m.-11:30 a.m. (Lap Swim & Water Walking - Swim)  1:00 p.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)	5:15 a.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)  7:45 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:15 a.m.-8:15 a.m. (Lap Swim & Water Walking - Swim)  9:45 a.m.-11:30 a.m. (Lap Swim & Water Walking - Swim)  1:00 p.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)	5:15 a.m.-8:15 a.m. (Lap Swim & Water Walking - Swim)  9:45 a.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)	7:15 a.m.-9:00 a.m. (Lap Swim & Water Walking - Swim)  1:00 p.m.-6:30 p.m. (Lap Swim & Water Walking - Swim)	8:15 a.m.-8:30 a.m. (Lap Swim & Water Walking - Swim)  10:30 a.m.-4:00 p.m. (Lap Swim & Water Walking - Swim)
<b>Water Walking</b> Sammamish Y Activity Pool	7:00 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)	7:15 a.m.-8:30 a.m. (Lap Swim & Water Walking - Swim)	8:15 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)
<b>Strength &amp; Conditioning</b> Sammamish Y Small Gymnasium	8:00 a.m.-9:00 a.m. (HIIT - Fitness)		8:00 a.m.-9:00 a.m. (HIIT - Fitness)	10:00 a.m.-11:00 a.m. (HIIT - Fitness)	8:00 a.m.-9:00 a.m. (HIIT - Fitness)		
<b>Yoga - All Levels</b> Sammamish Y Reflection Room	8:15 a.m.-9:15 a.m. (Mind Body)  6:00 p.m.-7:00 p.m. (Mind Body)	7:00 a.m.-8:00 a.m. (Mind Body)  5:30 p.m.-6:30 p.m. (Mind Body)	8:15 a.m.-9:15 a.m. (Mind Body)	7:00 a.m.-8:00 a.m. (Mind Body)  6:00 p.m.-7:00 p.m. (Mind Body)	8:15 a.m.-9:15 a.m. (Mind Body)	8:15 a.m.-9:15 a.m. (Mind Body)	
<b>Cycle - All Levels</b> Sammamish Y Cycle Studio	8:30 a.m.-9:30 a.m. (Cycle)  6:30 p.m.-7:30 p.m. (Cycle)	6:00 a.m.-7:15 a.m. (Cycle)  9:30 a.m.-10:30 a.m. (Cycle)	8:30 a.m.-9:30 a.m. (Cycle)  6:30 p.m.-7:30 p.m. (Cycle)	6:00 a.m.-7:15 a.m. (Cycle)  9:30 a.m.-10:30 a.m. (Cycle)	8:30 a.m.-9:30 a.m. (Cycle)	8:30 a.m.-9:30 a.m. (Cycle)	
<b>Kids Zone: Ages 6-weeks to 3-years-old</b> Sammamish Y Kids Corner	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)  4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)  4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)  4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)  4:30 p.m.-8:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga - Gentle</b> Sammamish Y Group Fitness Room 1	9:15 a.m.-10:15 a.m. (Mind Body)		9:15 a.m.-10:15 a.m. (Mind Body)				
<b>Zumba®</b> Sammamish Y Gymnasium West	10:00 a.m.-11:00 a.m. (Dance - Fitness)	10:00 a.m.-11:00 a.m. (Dance - Fitness)  6:45 p.m.-7:45 p.m. (Dance - Fitness)	10:00 a.m.-11:00 a.m. (Dance - Fitness)	10:00 a.m.-11:00 a.m. (Dance - Fitness)		10:00 a.m.-11:00 a.m. (Dance - Fitness)	
<b>Strength Training</b> Sammamish Y Small Gymnasium	10:00 a.m.-11:00 a.m. (Strength)  11:15 a.m.-12:15 p.m. (Strength)		10:00 a.m.-11:00 a.m. (Strength)  11:15 a.m.-12:15 p.m. (Strength)				
<b>Yoga - All Levels</b> Sammamish Y Group Fitness Room 1	10:30 a.m.-11:30 a.m. (Mind Body)		10:30 a.m.-11:30 a.m. (Mind Body)				8:30 a.m.-9:30 a.m. (Mind Body)
<b>Stretching</b> Sammamish Y Reflection Room	10:30 a.m.-11:30 a.m. (Mind Body)						
<b>Open Gym - All Ages</b> Sammamish Y Gymnasium West	11:15 a.m.-12:15 p.m. (Open Gym Drop In)  3:15 p.m.-5:45 p.m. (Open Gym Drop In)	5:00 a.m.-6:15 a.m. (Open Gym Drop In)  3:15 p.m.-6:30 p.m. (Open Gym Drop In)  8:00 p.m.-9:00 p.m. (Open Gym Drop In)	11:15 a.m.-12:15 p.m. (Open Gym Drop In)  3:15 p.m.-6:45 p.m. (Open Gym Drop In)	5:00 a.m.-6:15 a.m. (Open Gym Drop In)  3:15 p.m.-5:15 p.m. (Open Gym Drop In)	11:15 a.m.-12:15 p.m. (Open Gym Drop In)  3:15 p.m.-6:45 p.m. (Open Gym Drop In)	11:15 a.m.-4:45 p.m. (Open Gym Drop In)	11:15 a.m.-6:00 p.m. (Open Gym Drop In)
<b>AOA - Chair Yoga</b> Sammamish Y Group Fitness Room 1	11:45 a.m.-12:45 p.m. (Mind Body)						
<b>Pickleball - All Ages</b> Sammamish Y Gymnasium West	12:30 p.m.-3:00 p.m. (Pickleball Drop In)	6:30 a.m.-9:45 a.m. (Pickleball Drop In)  12:30 p.m.-3:00 p.m. (Pickleball Drop In)	12:30 p.m.-3:00 p.m. (Pickleball Drop In)	6:30 a.m.-9:45 a.m. (Pickleball Drop In)  12:30 p.m.-3:00 p.m. (Pickleball Drop In)	12:30 p.m.-3:00 p.m. (Pickleball Drop In)	7:00 a.m.-9:45 a.m. (Pickleball Drop In)	
<b>AOA Circuit</b> Sammamish Y Small Gymnasium	12:30 p.m.-1:30 p.m. (Strength)						
<b>POUND®</b> Sammamish Y Group Fitness Room 1	5:15 p.m.-6:00 p.m. (Cardio)			11:00 a.m.-11:30 a.m. (Cardio)			
<b>Above the Barre</b> Sammamish Y Group Fitness Room 1	6:15 p.m.-7:15 p.m. (Mind Body)				9:45 a.m.-10:45 a.m. (Mind Body)		
<b>Pilates - Mat</b> Sammamish Y Group Fitness Room 1	7:30 p.m.-8:30 p.m. (Mind Body)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Conditioning</b> Sammamish Y Group Fitness Room 1		8:00 a.m.-9:00 a.m. (HIIT - Fitness)					
<b>Step</b> Sammamish Y Group Fitness Room 1		9:30 a.m.-10:30 a.m. (Cardio)					
<b>Nia</b> Sammamish Y Reflection Room		9:30 a.m.-10:30 a.m. (Dance - Fitness)		9:30 a.m.-11:00 a.m. (Dance - Fitness)			
<b>Core Strength</b> Sammamish Y Cycle Studio		10:45 a.m.-11:15 a.m. (Strength)		10:45 a.m.-11:15 a.m. (Strength)		9:45 a.m.-10:15 a.m. (Strength)	
<b>Tai Chi - First Section</b> Sammamish Y Reflection Room		10:45 a.m.-11:45 a.m. (Mind Body)					
<b>AOA Strength</b> Sammamish Y Group Fitness Room 1		11:00 a.m.-12:00 p.m. (Strength)					
<b>STRONG Nation®</b> Sammamish Y Gymnasium West		11:15 a.m.-12:15 p.m. (Dance - Fitness)		11:15 a.m.-12:15 p.m. (Dance - Fitness)			
<b>Pickleball - All Ages</b> Sammamish Y Small Gymnasium		4:00 p.m.-6:00 p.m. (Pickleball Drop In)		4:00 p.m.-6:30 p.m. (Pickleball Drop In)	4:00 p.m.-6:30 p.m. (Pickleball Drop In)	7:00 a.m.-8:30 a.m. (Pickleball Drop In)	
<b>Cardio Strength</b> Sammamish Y Group Fitness Room 1		6:15 p.m.-7:15 p.m. (Cardio)					4:00 p.m.-5:00 p.m. (Cardio)
<b>Yoga - Restorative</b> Sammamish Y Reflection Room		6:45 p.m.-7:45 p.m. (Mind Body)					
<b>AOA - Chair Yoga</b> Sammamish Y Reflection Room			9:30 a.m.-10:30 a.m. (Mind Body)				
<b>AOA Cardio and Strength</b> Sammamish Y Group Fitness Room 1			11:45 a.m.-12:45 p.m. (Cardio)				
<b>Line Dancing</b> Sammamish Y Group Fitness Room 1			1:00 p.m.-1:45 p.m. (Dance - Fitness)				
<b>Les Mills BODYPUMP</b> Sammamish Y Group Fitness Room 1			5:00 p.m.-6:00 p.m. (Strength)	6:30 p.m.-7:30 p.m. (Strength)			
<b>Bollywood Fitness</b> Sammamish Y Small Gymnasium			6:45 p.m.-7:45 p.m. (Dance - Fitness)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Basketball - All Ages</b> Sammamish Y Gymnasium West			7:00 p.m.-8:00 p.m. (Basketball Drop In)  8:00 p.m.-9:00 p.m. (Basketball Drop In)				
<b>Badminton - Adult</b> Sammamish Y - Central WA University			7:45 p.m.-9:45 p.m. (Badminton Drop In)	8:15 p.m.-9:45 p.m. (Badminton Drop In)			
<b>Circuit Training</b> Sammamish Y Group Fitness Room 1				8:00 a.m.-9:00 a.m. (HIIT - Fitness)			
<b>Yoga - Gentle</b> Sammamish Y Reflection Room				8:15 a.m.-9:15 a.m. (Mind Body)	9:30 a.m.-10:30 a.m. (Mind Body)		
<b>Zumba® Gold</b> Sammamish Y Group Fitness Room 1				11:30 a.m.-12:15 p.m. (Dance - Fitness)			
<b>Yoga - Power Vinyasa</b> Sammamish Y Reflection Room				5:00 p.m.-5:45 p.m. (Mind Body)		9:30 a.m.-10:30 a.m. (Mind Body)	
<b>Zumba®</b> Sammamish Y Small Gymnasium				6:45 p.m.-7:45 p.m. (Dance - Fitness)			
<b>Lap Swim Limited</b> Sammamish Y Lap Pool					8:15 a.m.-9:45 a.m. (Lap Swim & Water Walking - Swim)  4:00 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	9:00 a.m.-1:00 p.m. (Lap Swim & Water Walking - Swim)	8:30 a.m.-10:30 a.m. (Lap Swim & Water Walking - Swim)  4:00 p.m.-5:30 p.m. (Lap Swim & Water Walking - Swim)
<b>Aqua Zumba®</b> Sammamish Y Lap Pool					8:30 a.m.-9:30 a.m. (Water Fitness)		
<b>Zumba® Toning</b> Sammamish Y Gymnasium West					10:00 a.m.-11:00 a.m. (Dance - Fitness)		
<b>Recreational Swim - Shallow Water</b> Sammamish Y Activity Pool					10:30 a.m.-1:00 p.m. (Recreational & Community Swim)		
<b>AOA Cardio and Strength</b> Sammamish Y Small Gymnasium					11:15 a.m.-12:15 p.m. (Cardio)		
<b>Meditation</b> Sammamish Y Reflection Room					12:30 p.m.-1:30 p.m. (Mind Body)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Recreational Swim</b> Sammamish Y Activity Pool					4:00 p.m.-5:15 p.m. (Recreational & Community Swim)  5:30 p.m.-6:45 p.m. (Recreational & Community Swim)  7:00 p.m.-8:30 p.m. (Recreational & Community Swim)	2:00 p.m.-3:15 p.m. (Recreational & Community Swim)  3:30 p.m.-4:45 p.m. (Recreational & Community Swim)  5:00 p.m.-6:30 p.m. (Recreational & Community Swim)	1:45 p.m.-2:45 p.m. (Recreational & Community Swim)  3:00 p.m.-4:15 p.m. (Recreational & Community Swim)  4:30 p.m.-5:30 p.m. (Recreational & Community Swim)
<b>Zumba®</b> Sammamish Y Group Fitness Room 1					6:45 p.m.-7:45 p.m. (Dance - Fitness)		
<b>Tai Chi - Third Section</b> Sammamish Y Reflection Room						10:45 a.m.-11:45 a.m. (Mind Body)	
<b>Badminton - Adult</b> Sammamish Y Gymnasium West							8:00 a.m.-11:00 a.m. (Badminton Drop In)
<b>Community Swim Reservation - Activity Pool</b> Sammamish Y Activity Pool							10:40 a.m.-11:30 a.m. (Sammamish Recreational & Community Swim)  11:40 a.m.-12:30 p.m. (Sammamish Recreational & Community Swim)  12:40 p.m.-1:30 p.m. (Sammamish Recreational & Community Swim)
<b>Tai Chi - Second Section</b> Sammamish Y Group Fitness Room 1							10:45 a.m.-11:45 a.m. (Mind Body)
<b>BollyX®</b> Sammamish Y Group Fitness Room 1							12:00 p.m.-1:00 p.m. (Dance - Fitness)