

FUNCTIONAL FITNESS SCHEDULE



Dates: July 2024

Branch: MacColl YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed for Set-Up 11:30 am - 12 pm	Peter Small Group 10 am - 11 am	Closed for Camp 9 am - 4 pm	Peter Small Group 9 am - 10:30 am	Closed for Camp 9 am - 4 pm	Closed for Camp 9 am - 4 pm	Closed for Set-Up 10:30 am - 11 am
Open Climb 12 pm - 6 pm		Open Climb 4 pm - 5:30 pm		Open Climb 4 pm - 5:30 pm	Open Climb 4 pm - 5:30 pm	Climbing Club 4 pm - 6 pm
Closed for Clean-Up 6 pm - 6:30 pm	Closed for Camp 11 am - 4 pm	Lil' Climbers 5:30 pm - 6:15 pm	Closed for Camp 10:30 am - 4 pm	Lil' Climbers 5:30 pm - 6:15 pm	Climbing Club 4 pm - 6 pm	Open Climb 11 am - 3 pm
	Climbing Club 4 pm - 8:30 pm	Jr. Climbers 6:30 pm - 7:15 pm	Climbing Club 4 pm - 6 pm	Jr. Climbers 6:30 pm - 7:15 pm		
Closed for Clean-Up 8:30 pm - 9 pm	Closed for Clean-Up 8:30 pm - 9 pm		Climbing Club 7:30 pm - 8:30 pm	Open Climb 6 pm - 8:30 pm	Climbing Club 7:30 pm - 8:30 pm	Closed for Clean-Up 8:30 pm - 9 pm
		Closed for Clean-Up 8:30 pm - 9 pm		Closed for Clean-Up 8:30 pm - 9 pm		

Locations & Color Key:

Rock Climbing - Climbing Club

Rock Climbing - Open Climb

Rock Climbing Program

Rock Climbing - Teen Climb

Fitness Programs

Closed

Our Functional Fitness Room serves as a designated Personal Training and Program space. Occasionally, sessions may be subject to cancellation or relocation. Should you notice the room marked as closed but find it unoccupied, you are more than welcome to utilize the space until it's required for a program or training session. Additionally, this area may close for unscheduled programming on Fridays, Saturdays, and Sundays. Please check the doors for closure updates.