

LOWER GYM SCHEDULE (AUG 18 - SEPT. 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a		5:00 - 5:45a Y FIT		5:00 - 5:45a Y FIT			
5:15a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		
6:00a							
7:00a						7:00 - 7:45a Y FIT	
8:00a	8:00 - 8:30a KIDS CLUB (NO SCHOOL DAYS)						
9:00a	8:30 - 9:15a Y FIT			8:30 - 9:15a Y FIT			
10:00a	KIDS CLUB FULL GYM 10:00 - 11:30 (NO SCHOOL DAYS)						
11:00a	YOUTH CLASS/CHILDCARE 11:30 - 12:00						
NOON							
1:00p							
2:00p							
3:00p							
4:00p	4:00 - 5:00p YOUTH CLASS	4:00 - 7:00 GYMNASTICS YOUTH CLASS Volleyball Practice	4:00 - 5:00p YOUTH CLASS	4:00 - 5:30p YOUTH CLASS			
5:30p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT		5:30 - 7:00p YOUTH VOLLEYBALL GAMES		
6:30p	6:30 - 7:30p Volleyball Practice		6:30 - 7:30p Volleyball Practice				
7:30p							

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE (AUG 18 - SEPT. 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a HIGH FITNESS	5:30 - 6:30a Y PUMP		5:30 - 6:15a HIGH FITNESS		
6:00a							
7:00a							
8:00a			8:30 - 9:30a YO				
9:00a							
10:00a	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO			
11:00a							
NOON	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL	12:15 - 12:45p CORE EXPRESS	12:00 - 2:00p PICKLEBALL	12:15 - 12:45p CORE EXPRESS		
1:00p	1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		1:00 - 3:00p PICKLEBALL		
2:00p		2:00 - 4:00p CHILDCARE INCLEMENT WEATHER					
3:00p	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER		3:00 - 4:00p CHILDCARE INCLEMENT WEATHER	3:00 - 4:00p CHILDCARE INCLEMENT WEATHER			
4:00p	4:00 - 5:30p KIDS CLUB FULL GYM						
5:30p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p VOLLEYBALL PRACTICE 1/2 GYM OPEN			
6:30p	6:45 - 7:45p VOLLEYBALL PRACTICE 1/2 GYM OPEN	6:45 - 7:45p VOLLEYBALL PRACTICE 1/2 GYM OPEN					
7:00p							
8:00p							

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