

## LOWER GYM SCHEDULE (MAY 18 - AUG 9)

	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	6:15 - 8:30a Training	5:45 - 10:00a Training	6:15 - 8:30a Training	5:45 - 10:00a Training	6:15 - 8:30a Training	7:00 - 7:45a Y FIT	
8:00a		Kids Club 8:15 - 9:30a		Kids Club 8:15 - 9:30a			
9:00a	8:30 - 9:15a Y FIT		8:30 - 9:15a Y FIT		8:30 - 9:15a Y FIT		
10:00a	9:30 - 10:45a Youth Class		9:30 - 10:45a Youth Class				
11:00a	KIDS CLUB 10:45 - 11:30 CHILDCARE	KIDS CLUB 10:00 - 12:00	KIDS CLUB 10:45 - 11:30 CHILDCARE	KIDS CLUB 10:00 - 12:00	KIDS CLUB 10:45 - 11:30 CHILDCARE		
NOON	11:30 - 12:00 KIDS CLUB		11:30 - 12:00 KIDS CLUB		11:30 - 12:00 KIDS CLUB		
1:00p	12:45 - 1:30	12:15 - 12:45p STRONG START	12:45 - 1:30	12:15 - 12:45p STRONG START	12:45 - 1:30		
2:00p							
3:00p	3:00 - 4:00p Youth Class						
4:00p	4:00 - 5:00p Training 1/2 Gym		4:00 - 5:00p Training 1/2 Gym				
5:30p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT		6:00 - 7:00p SELF DEFENSE		
6:30p		6:00 - 7:00p SELF DEFENSE		6:00 - 7:00p SELF DEFENSE			
7:30p							

SCHEDULES SUBJECT TO CHANGE  
WITHOUT NOTICE.

## MIDDLE GYM SCHEDULE (MAY 18 - AUG 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	5:30 - 6:30a Y PUMP	5:30 - 6:15a SURGE FIT	5:30 - 6:30a Y PUMP		5:30 - 6:15a HIGH FITNESS		
6:00a							
7:00a							
8:00a	8:00 - 9:30A KIDS CLUB	8:45 - 9:30a SteplT Strength	8:00 - 9:30A KIDS CLUB	8:45 - 9:30a SteplT Strength	8:00 - 9:30A KIDS CLUB		
9:00a							
10:00a	10:00 - 11:00a PARKINSONS IN MOTION	10:30 - 11:30a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:30 - 11:30a SR STRENGTH & CARDIO			
11:00a							
NOON							
1:00p	1:00 - 3:00P PICKLEBALL						
2:00p	3:00 - 4:00P CHILDCARE INCLEMENT WEATHER						
3:00p	4:00 - 5:30P KIDS CLUB FULL GYM						
4:00p							
5:30p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE				
6:30p		6:30 - 8:00P PICKLEBALL		6:30 - 8:00P PICKLEBALL			
7:00p							
8:00p							

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