

LOWER GYM SCHEDULE (AUG 24 - OCT. 4)

	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		12:15 - 12:45p STRONG START		12:15 - 12:45p STRONG START			
2:00p							
3:00p							
4:00p	4:00 - 5:00p YOUTH CLASS	4:00 - 5:30 YOUTH CLASS	4:00 - 5:00p YOUTH CLASS	4:00 - 5:30p YOUTH CLASS			4:00 - 7:00p GYMNASTICS
5:30p	5:30 - 6:15p Y FIT	5:30 - 6:30p VOLLEYBALL PRACTICE 1/2 OPEN	5:30 - 6:15p Y FIT	5:30 - 6:30p VOLLEYBALL PRACTICE	5:30 - 7:30p 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 24 - OCT 4)

	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							
9:00a		8:45 – 9:30a STEPIT STRENGTH		8:45 – 9:30a STEPIT STRENGTH			
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							
1:00p	1:00 – 3:00p PICKLEBALL						
2:00p							
3:00p	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 – 7:30p VOLLEYBALL GAMES HALF GYM OPEN		
6:30p	6:45 – 7:45p VOLLEYBALL PRACTICE HALF GYM OPEN	6:30 – 7:30p VOLLEYBALL PRACTICE HALF GYM OPEN					
7:00p						SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.	
8:00p							