

# GYM SCHEDULE

<b>TIMES:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>5:00a - 6:00a</b>	OPEN	<b>25+Basketball</b>	OPEN	<b>25+Basketball</b>	OPEN		
<b>6:00a - 7:00a</b>	<b>Boot Camp</b>	OPEN	<b>Boot Camp</b>	OPEN	<b>Boot Camp</b>		
<b>7:00a - 8:00a</b>	OPEN		OPEN		<b>Pickleball 7:00 - 8:30a</b>	OPEN	OPEN 7:30a - 10:00a
<b>8:00a - 9:00a</b>			OPEN			OPEN	
<b>9:00a - 10:00a</b>	<b>Boot Camp</b>	<b>Strength Train Together</b>	<b>Boot Camp</b>	<b>Strength Train Together</b>	<b>Boot Camp</b>	<b>Boot Camp 8:45 - 9:45a</b>	<b>10:00 - 11:00 Body Defined</b>
<b>10:00a - 11:00a</b>	<b>10:15 - 11:00a Silver Sneakers</b>	<b>10:15 - 11:00a Lo Impact</b>	<b>Family Gym</b>	<b>10:15 - 11:00a Lo Impact</b>	<b>LIFT 10:15 - 11:00a</b>	<b>1/2 OPEN GYM 1/2 Gymnastics</b>	
<b>11:00a - 12:00p</b>	OPEN	<b>11:15 - 12:00p Silver Sneakers</b>		<b>11:15 - 12:00p Silver Sneakers</b>			Family Gym 11:00a - 12:00p
<b>12:00p - 1:00p</b>	<b>25 &amp; OVER Basketball</b>	<b>Delay the Disease 12:30 - 2:00p</b>	<b>25 &amp; OVER Basketball</b>	<b>Delay the Disease 12:30 - 2:00p</b>	<b>25 &amp; OVER Basketball</b>		OPEN
<b>1:00p - 2:00p</b>						OPEN	
<b>2:00p - 3:00p</b>	OPEN	<b>Pickleball 2:00 - 4:00p</b>	OPEN	<b>Pickleball 2:00 - 4:00p</b>	OPEN	OPEN or <b>*RENTAL</b>	
<b>3:00p - 4:00p</b>							
<b>4:00p - 5:00p</b>	Family Gym	Family Gym	Family Gym	Family Gym	Family Gym	OPEN or <b>*RENTAL</b>	
<b>5:00p - 6:00p</b>	OPEN	OPEN	OPEN	OPEN	OPEN		
<b>6:00p - 7:00p</b>	<b>SPECIAL OLYMPICS 6:30 - 8:30pm</b>	<b>20X3 6:00 - 7:00p</b>	<b>Family Gym 6:00 - 9:00p</b>	<b>Bootcamp 6:00 - 7:00p</b>	OPEN		OPEN
<b>7:00p - 8:00p</b>		<b>YOGA 7:00 - 8:00p</b>		OPEN	OPEN	<b>KNO</b>	
<b>8:00p - 9:30p</b>	OPEN 8:30-9:30pm	OPEN	OPEN 9:00 - 9:30p				

2/7/2018

**\*Rent the Y for Graduation parties, Family Reunions, Birthday Parties and more....**