

# GYM SCHEDULE

TIMES:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00a - 6:00a	OPEN	25+Basketball	OPEN	25+Basketball	OPEN			
6:00a - 7:00a	Boot Camp	OPEN	Boot Camp	OPEN	Boot Camp			
7:00a - 8:00a	OPEN		OPEN		OPEN	OPEN	OPEN	OPEN 7:30a - 9:45a
8:00a - 9:00a			OPEN					
9:00a - 10:00a	Boot Camp	Hi/Lo Intervals	Boot Camp	Hi/Lo Intervals	Boot Camp	Boot Camp 8:45 - 9:45a	9:45 - 10:45 Body Defined	
10:00a - 11:00a	10:15 - 11:00a Silver Sneakers	10:15 - 11:00a Lo Impact	Family Gym	10:15 - 11:00a Lo Impact	Family GYM 10:00 - 11:00am	1/2 OPEN GYM 1/2 Gymnastics		Family Gym 11:00a - 12:00p
11:00a - 12:00p	OPEN	11:15 - 12:00p Silver Sneakers		11:15 - 12:00p Silver Sneakers			OPEN	
12:00p - 1:00p	25 & OVER Basketball	Delay the Disease 12:30 - 2:00p	25 & OVER Basketball	Delay the Disease 12:30 - 2:00p	25 & OVER Basketball		OPEN	OPEN
1:00p - 2:00p								
2:00p - 3:00p	OPEN	Pickleball 2:00 - 4:00p	OPEN	Pickleball 2:00 - 4:00p	OPEN	OPEN or *RENTAL		
3:00p - 4:00p								
4:00p - 5:00p	Family Gym	Family Gym	Family Gym	Family Gym	Family Gym	OPEN or *RENTAL		
5:00p - 6:00p	OPEN	OPEN	OPEN	OPEN	OPEN			
6:00p - 7:00p	OPEN	20X3 6:00 - 7:00p	Fencing Club 6:00 - 9:00p	Bootcamp 6:00 - 7:00p	OPEN	OPEN		
7:00p - 8:00p		YOGA 7:00 - 8:00p		OPEN	OPEN			
8:00p - 9:30p	OPEN	OPEN	OPEN 9:00 - 9:30p					

5/1/2017

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