

## 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	Tabata GX		
7:00a - 8:00a	OPEN		OPEN		Pickleball 7:00 - 8:30	OPEN	OPEN
8:00a - 9:00a			OPEN		STT 8:00 - 9:00		
9:00a - 10:00a	Boot Camp	Strength Train Together	Boot Camp	Strength Train Together	Tabata GX	Boot Camp 8:45-9:45	9:00 - 9:45 am OPEN
10:00a - 11:00a	10:15 - 11:00a Silver Sneakers	10:15 - 11:00a Lo Impact	Family Gym	10:15 - 11:00a Lo Impact	LIFT 10:15 - 11:00a	1/2 OPEN GYM 1/2 FAMILY GYM	9:45 - 10:15 am Bosu Express
11:00a - 12:00p	OPEN	11:15 - 12:00p Silver Sneakers		11:15 - 12:00p Silver Sneakers			OPEN 10:15 - 11:15 am
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		Family Gym 11:15a - 12:00p
1:00p - 2:00p							
2:00p - 3:00p	OPEN	Pickleball 2:00 - 4:00p	Y Be Fit 2:00 to 3:00p	Pickleball 2:00 - 4:00p	OPEN	OPEN or *RENTAL	
3:00p - 4:00p			OPEN				
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	Fencing 6:00 - 8:30p	Bootcamp	OPEN	OPEN	
7:00p - 8:00p		YOGA		OPEN	KNO		
8:00p - 9:30p		OPEN				OPEN	

9/4/2018