



# WINTER GYMNASIUM SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT				
6:00	↓	OPEN 6-7:50	OPEN 6-7:50	OPEN 6-7:50	OPEN 6-9:00	OPEN 6-7:50	Youth Basketball League 12/2-2/3				
7:00		Enhance® Fitness 8-9:00	BOOM® MOVE IT & MUSCLE 8-9:00	Enhance® Fitness 8-9:00	↓	Enhance® Fitness 8-9:00					
8:00		Gentle Yoga 9:15-10:15	SilverSneakers® Yoga 9:15-10:15	Yogalates 9:15-10:15	SilverSneakers® Yoga 9:15-10:15	Gentle Yoga 9:15-10:15					
9:00		Zumba® Fitness 10:30-11:30	SilverSneakers® Classic 10:30-11:15	4's Preschool Gym 10:25-10:55	SilverSneakers® Classic 10:30-11:15	BOOM® MUSCLE & MIND 10:30-11:30					
9:30											
10:00											
10:30											
11:00		OPEN 11:30-5:15	Trompin Tuesday 11:30-12:00	Pre-K Preschool Gym 11:00-11:30	OPEN 11:30-3:00	OPEN 11:45-3:00					
11:30		↓	↓	OPEN 12:00-3:00	Fit Fun Kids 11:30-12:15	↓		↓	OPEN 12:00-5:00		
NOON				OPEN 12:30-5:00							
12:30	BASKETBALL 3:00-5:00 Pick-up games Ages 11+ Members-free/ \$3 drop in guest fee			BASKETBALL 3:00-5:00 Pick-up games Ages 11+ Members-free/ \$3 drop in guest fee	BASKETBALL 3:00-5:00 Pick-up games Ages 11+ Members-free/ \$3 drop in guest fee						
1:00							FAMILY OPEN 1:00-5:00				
1:30											
2:00											
2:30											
3:00	↓			↓	↓		↓			↓	↓
3:30											
4:00											
4:30											
5:00		Tae Kwon Do Ages 4-5 5:30-6:15	Tae Kwon Do Ages 6 - Adult 6:00-7:00			FAMILY OPEN 5-6:45		Youth League Practice begins 9/28 Ages 6-8 5:15-6:00 Ages 9-11 6-6:45	FAMILY OPEN 5-6:00		
5:30											
6:00											
6:30											
7:00		Fit Family 7:15-8:00	Dodgeball Pick-up games 7-8:30			Zumba® Fitness 7:00-8:00		FAMILY OPEN 6:45- 8:30	1st Friday Elementary School Fun Night		
8:00		Adult Open Basketball 8:10-9:50 (Members only)	Members free \$3 drop in for Non member			Adult Open Basketball 8:10-9:50 (Members only)		Volleyball Pick-up games 8:30-9:50 Members free \$3 drop in for Non member	2nd Friday 5th & 6th Grade Night Out		
9:00	↓	OPEN 8:30-9:50	↓	↓	3rd Friday Parents Night Out						
10:00						4th Friday OPEN 6-9:50					

Effective 12/18/17

Gym Schedule may be subject to changes based on programming needs