



FALL GYMNASIUM SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT					
5:30	Open 1-5	OPEN 5:30-7:50	OPEN 5:30-7:50	OPEN 5:30-7:50	OPEN 5:30-9:00	OPEN 5:30-7:50	Open 8-5					
8:00	↓	Enhance® Fitness 8-9:00	BOOM® MOVE IT & MUSCLE 8-9:00	Enhance® Fitness 8-9:00	↓	Enhance® Fitness 8-9:00	Youth Sports League will utilize the gym on days of incimate weather. Outdoor Soccer: 9/22- 11/17 Basketball: 12/1-1/26					
9:00		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						
9:30												
10:00		SilverSneakers® Classic 10:30-11:15	SilverSneakers® Classic 10:30-11:15	4's Preschool Gym 10:25-10:55	SilverSneakers® Classic 10:30-11:15	MEMBER OPEN 10:30-3:00						
10:30												
11:00		MEMBER OPEN 11:30-5:15	Fit Fun Kids 11:30-12:30	Pre-K Preschool Gym 11:00-11:30	Fit Fun Kids 11:30-12:30	↓						
11:30												
NOON		↓	↓	↓	↓	↓		↓				
12:30												
1:00									MEMBER OPEN 1:00-5:00	MEMBER OPEN 12:30-3:00	MEMBER OPEN 11:30-5:00	MEMBER OPEN 12:30-3:00
1:30	↓						↓		↓	↓	↓	↓
2:00												
2:30												
3:00												
3:30												
4:00												
4:30												
5:00		No guests permitted during Member Open gym times.	Tae Kwon Do Ages 4-5 5:30-6:15	MEMBER OPEN 5:00-6:00	MEMBER OPEN 5:00-7:00	MEMBER OPEN 5:00-7:00		MEMBER OPEN 5:00-9:50				
5:30				Tae Kwon Do Ages 6 - Adult 6:00-7:00		Girls (8-10) Intramural Volleyball 5:45-6:45 9/20-11/15		↓				
6:00			MEMBER OPEN 6:15-8:00	DODGEBALL Pick-up Games Ages 16+ 7:15-8:30 Members-free/ \$3 drop in guest fee	Zumba® Fitness 7:00-8:00							
6:30												
7:00	ADULT OPEN BASKETBALL 8:10-9:50 (Members only)		MEMBER OPEN 8:30-9:50	MEMBER OPEN 8:30-9:50	MEMBER OPEN 8:30-9:50	MEMBER OPEN 8:30-9:50	MEMBER OPEN 8:30-9:50					
8:00												
9:00												
10:00												

Effective 8/22/2018

Gym Schedule may be subject to changes based on programming needs