

EAST GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL	
6:00a						
7:00a						
8:00a	8:00 - 8:45a KIDS CLUB					8:00 - 10:00a YOUTH VOLLEYBALL
9:00a	9:00 - 9:45a Y FIT		9:00 - 9:45a Y FIT			
10:00a	KIDS CLUB 1/2 GYM 10:00 11:15 (NO SCHOOL DAYS)					
11:00a	11:15 - 11:45 CHILDCARE/YOUTH CLASS					
NOON						
1:00p						
2:00p						
3:00p	3:15 - 4:45 GYMNASTICS (WEDNESDAY ONLY) 4:00 - 5:00p YOUTH CLASS					
4:00p						
5:00p	5:30 - 6:15p Y FIT		5:30 - 6:15p BOOTCAMP		5:30 - 6:15p BOOTCAMP	
6:00p			6:30 - 7:30p YOUTH VOLLEYBALL		6:30 - 7:30p YOUTH VOLLEYBALL	
7:00p			7:00 - 8:00p YOUTH VOLLEYBALL			
8:00p	SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.					

MIDDLE GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	5:45 - 6:30a Y FIT				5:45 - 6:30a Y FIT	
6:00a						
7:00a						
8:00a	8:00 - 9:00a LITE COMBO		8:00 - 9:00a LITE COMBO			
9:00a			9:00 - 10:00a YOGA		9:00 - 10:00a YOGA	
10:00a	10:00 - 11:00a PARKINSONS IN MOTION		10:00 - 11:00a PARKINSONS IN MOTION		10:15 - 11:15a SR STRENGTH & CARDIO	
11:00a	10:15 - 11:15a SR STRENGTH & CARDIO					
NOON						
1:00p						
2:00p	2:00 - 4:00p CHILDCARE (1/2 of gym during inclement weather)					
3:00p						
4:00p	4:00 - 5:30p KIDS CLUB Full Gym 1/2 on Wednesday (inclement weather)					
5:00p						
6:00p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p ZUMBA		5:30 - 6:30p CARDIO DANCE	
7:00p			5:30 - 6:30p ZUMBA			
8:00p						
9:00p	SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.					