

GYM & CLASS SCHEDULE

March 18th – March 28th, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Member Open Gym	5:00-6:00am Member Open Gym	5:00-9:00am Member Open Gym	5:00-9:00am Member Open Gym	5:00-6:00am Member Open Gym		
	6:15-7:15am Barre-Lates w/ Arlene		6:00-7:00am ***NEW CLASS*** Strong Nation w/ Kristal	6:15-7:15am Barre-Lates w/ Arlene		
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym		6:00-7:00am STUDIO Group Cycling w/Pam	7:30-8:15 am Member Open Gym	7:00 -7:45am Member Open Gym	9:00am – 10:45am MEMBER ONLY Open Gym
		9:00-9:45am TBS w/Sue	8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene		
9:00-10:15a STUDIO Yoga w/ Annette	9:00-10:00am Salsa w/Sue	10:00-11:00am STUDIO Yoga w/ Lisa	9:15-9:45am Gymnastics	9:00-9:45am STUDIO TBS w/Sue	8:30-9:30am STUDIO Yoga w/ Annette	
10:15-10:45am UPK Gym Time	10:15-10:45am UPK Gym Time	10:00-10:45am Open Gym	10:00-10:30am UPK Gymnastics	10:15-10:45am UPK Gym Time	10:00am-3:45pm MEMBER ONLY OPEN GYM Children under age 12 MUST be accompanied by an ADULT Non Members UNDER age 18 Are not allowed in the Weight Room No One Under Age 18 Allowed in Adult Locker Rooms OPEN Gym is for MEMBERS ONLY	11:00a – 12:00p Booty Works Ends April 14
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:00-10:30am STUDIO Line Dancing w/Kristal	11:00-12:00pm Chair Yoga		
			10:45-11:45 am Salsa w/Sue			
12:15 2:30pm Member Open Gym	12:15 2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15 2:30pm Member Open Gym	12:15pm – 3:45pm MEMBER ONLY Open Gym	
2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:30pm After School Care	2:30-6:00pm After School Care	2:30-5:30pm After School Care		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:45-6:45 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:30-6:45pm STUDIO Yoga w/ Lisa			
5:45-6:30pm Strong Nation w/ Kristal	7:00-8:45pm Team Practices Ray will Manage	7:00pm-8:00pm STUDIO Booty Works Ends April 14 th	6:00-7:00pm GYM Adult Boxing	This Schedule Subject to Change Without Notice		
6:45-7:25pm Barre-Lates w/Arlene		5:30-7:45pm Gymnastics	Ray will Monitor Open Gym from 7-8:45pm thru 2/08			
7:30-8:45 18+ Men’s Basketball						