

GYM & CLASS SCHEDULE

September 4th thru October 29th 2023



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		 9:00a -3:45pm Member ONLY Open Gym
	6:15-7:15am Barre-Lates w/ Arlene			6:15-7:15am Barre-Lates w/ Arlene		
	7:30-8:45am Member Open Gym		6:00-6:45am STUDIO Indoor Cycling w/Donna	7:30-8:15 am Member Open Gym		
8:15-10:15am Pickle Ball	9:00-10:00am Salsa w/Sue			8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene	
9:00-10:15am STUDIO Yoga	10:00-10:30am STUDIO Line Dance w/Kristal	9:00-9:45am TBS w/Sue	9:15-9:45am Gymnastics	9:00-9:45am STUDIO TBS w/Sue		
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	11:00am-3:45pm Member ONLY Open Gym	
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:45-11:45 pm Salsa w/Sue	11:00-12:00pm Silver Sneakers Yoga		
12:15-12:45pm UPK Gym Time	12:15-12:45pm UPK Gym Time	12:15-2:30pm Member Open Gym	12:15-12:45pm UPK Gymnastics	12:15-12:45pm UPK Gym Time		
1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym		1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym		
2:30-6:00pm After School Care	2:30-5:30pm After School Care	2:30-5:30pm After School Care	2:30-6:00pm After School Care	2:30-6:00pm 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			
5:45-6:15pm Line Dancing w/ Kristal	7:00-8:45pm Free Hoops Youth Basketball Skills and Drills w/ Ray Begins 9/12 GMS/GHS Students ONLY Registration Required	5:30-7:45pm Gymnastics	6:00-7:00pm GYM Adult Boxing			
6:30-7:15pm Wall Pilates w/Arlene			7:00-8:45pm Free Hoops Youth Basketball			
7:30-8:45 18+ Men's Basketball			Skills and Drills w/ Ray GMS/GHS Students ONLY Registration Required			