

# GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 - 9:15 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:15 – 7:00 am Rise & Shine w/ Arlene		5:30-6:15 am HIIT the Ropes w/ Jess		6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM		6:15 – 9:15 am OPEN GYM		7:00 - 8:15 am OPEN GYM	
	8:30 - 9:15 am TBS w/Sue		9:00 - 9:45 am TBS w/ Sue		8:30-9:15 am Kick Boxing / Step w/ Karen	8:00 – 9:15 am Cardio Fusion w/ Arlene
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	10:00 -10:30 am Balance & Stability w/ Laura	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30am – 4:45 pm OPEN GYM
	10:30 – 11:30 am Preschool Gymnastics	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 -11:00 am OPEN GYM	10:30 – 11:30 am Tai Chi w/ Pam	
		11:00 - 11:45 am Silver Sneakers		11:00 – 11:45 am Silver Sneakers		
	11:45 – 2:30 pm OPEN GYM	12:00 - 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	
	2:30 - 5:30 pm After School Care	2:30 - 6:00 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	5:30 – 6:30 pm Kick Boxing /Step w/ Karen		5:30 – 6:30 pm Xcelerate / X-FIT HITT w/ Tif	5:30 - 7:45 pm Gymnastics	5:30 - 8:15 pm OPEN GYM	
			6:45-7:30 Balls to the Wall w/ Arlene			
	6:45 - 9:15 pm OPEN GYM	6:00 – 9:15 pm OPEN GYM	7:45– 9:15 pm OPEN GYM	7:45– 9:15 pm OPEN GYM		

## Yoga, Pilates, TRX, Cycling Studio Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:45 am Cycling w/ Sarah		5:45 - 6:45 am Cycling w/ Jessica	5:30 - 6:00 am Min-Barre w/ Sarah	
					6:15 - 7:00 am Cycling w/ Jen	9:15 - 10:00 am Barre Instructor Rotates
	8:30—9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol			10:15 - 11:15 am Yoga Instructor Rotates
		12:00-1:00 pm Yoga w/ Karen		12:00-1:00 pm Yoga w/ Karen		
	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/ Tif	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/ Tif	5:15 - 6:15 pm Yoga Flow w/ Karen	
	6:45 - 7:15 pm Foam Rolling w/ Karen	6:45 - 7:30 pm Empowered Yoga w/ Tif <b>1/7—3/31/20</b>	6:45 - 7:45 Yoga w/ Nancy	6:45 - 7:45 pm Barre w/ Arlene		