



SUMMER GYM SCHEDULE

July 5th - August 28th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a – 10:45a OPEN GYM	5:00a – 9:15a OPEN GYM	5:00a – 8:45a OPEN GYM	5:00a – 9:15a OPEN GYM	5:00a – 10:45a OPEN GYM	8:00a – 9:15a OPEN GYM
11:00a – 11:45a Silver Sneakers w/Laura	9:30a – 10:30a Zumba w/Sue In Gym	9:00a – 9:45a TBS w/Sue In Gym	9:30a – 10:30a Zumba w/Sue In Gym	11:00a – 12:00p Silver Sneakers Yoga w/Karen	9:30a – 10:30a Yoga w/Karen In Gym
12:00p – 2:00p OPEN GYM	11:00a – 11:45a Silver Sneakers w/Laura	10:15a – 11:00a Balance & Drumming w/Laura	10:45p – 2:00p OPEN GYM	12:15p – 2:00p OPEN GYM	10:45a – 1:00p OPEN GYM
2:00p – 5:00p SUMMER CAMP	12:00p – 2:00p OPEN GYM	11:15a – 2:00p OPEN GYM	2:00p – 5:00p SUMMER CAMP	2:00p – 5:00p SUMMER CAMP	
5:15p – 5:30p Target Abs & Glutes w/ Laura	2:00p – 5:00p SUMMER CAMP	2:00p – 5:00p SUMMER CAMP	5:30p – 6:30p Kick-Step w/Karen	5:00p – 5:45p OPEN GYM	
5:30p – 6:45 pm OPEN GYM	5:30p – 6:45p TRX & More w/Tiff	5:00p – 6:45p OPEN GYM			