

GYM & CLASS SCHEDULE

July 1st – September 1st, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am GYM CLOSED	5:00-6:00am GYM CLOSED	5:00-9:00am GYM CLOSED	5:00-9:00am GYM CLOSED	5:00-6:00am GYM CLOSED		9:00am – 11:45am GYM CLOSED
6:00-7:00am STUDIO Group Cycling w/ Pam	6:15-7:15am Barre-Lates w/ Arlene		6:00-7:00am STUDIO Group Cycling w/ Donna	6:15-7:15am Barre-Lates w/ Arlene		
8:15-10:15am Pickle Ball	7:30-8:45am GYM CLOSED		5:00-9:00am GYM CLOSED	7:30-10:15 am GYM CLOSED	7:00 -7:45am GYM CLOSED	
	9:00-10:00am Salsa w/Sue	9:00-9:45am Total Body Sculpt w/Sue	9:00-9:45 am Salsa w/Sue		8:00-9:00am Cardio Fusion w/Arlene	
9:00-10:15am STUDIO Yoga w/ Annette	9:00-10:00am STUDIO Yoga w/ Lisa (begins 7/9)	10:00-11:00am STUDIO K.I.S.S. of Sunshine w/ Arlene	10:00-10:30am Line Dancing w/Kristal	9:00-9:45am STUDIO Total Body Sculpt w/Sue	8:30-9:30am STUDIO Yoga w/ Annette	
10:15-10:45am GYM CLOSED	10:00-10:45am GYM CLOSED	10:00-10:45am GYM CLOSED	10:30-12:00pm GYM CLOSED	10:15-10:45am GYM CLOSED	10:00am-1:45pm GYM CLOSED	
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers		11:00-12:00pm Chair Yoga		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
12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:15-4:00pm GYM CLOSED		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:30-6:30 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:30-6:30pm STUDIO Yoga w/Nancy ***NEW***	4:00-5:30pm GYM CLOSED FOR SUMMER CAMP		
5:45-6:30pm Strong Nation w/ Kristal	6:30-7:45pm GYM CLOSED	5:30-7:45pm GYM CLOSED	6:00-7:45pm GYM CLOSED			
6:45-7:25pm Mix It Up Mondays w/Arlene						
7:30-7:45 GYM CLOSED						

**This
Schedule
Subject to
Change
Without
Notice**