



GYM & GROUP EXERCISE SCHEDULE

Monday June 28, 2021 – Saturday July 2, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED for Waxing of Floors in all hallways	CLOSED for Waxing of Floors in all hallways	5:00a – 8:45a OPEN GYM	5:00a – 9:15a OPEN GYM	5:00a – 10:45a OPEN GYM	8:00a – 9:15a OPEN GYM
		9:00a – 9:45a TBS w/Sue In Gym	9:30a – 10:30a Zumba w/Sue	11:00a – 12:00p Silver Sneakers Yoga w/Karen	9:30a – 10:30a Yoga w/Karen In Gym
		10:15a – 11:00a Balance & Drumming w/Laura	10:45a – 6:30p OPEN GYM	12:15p – 5:30p OPEN GYM	10:45a – 1:00p OPEN GYM
		11:15a – 5:30p OPEN GYM			
		5:45p – 6:45p Excellerate w/Tif			