

# GYM & CLASS SCHEDULE *March 29<sup>th</sup> – April 6<sup>th</sup>, 2024*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Member Open Gym	5:00-6:00am Member Open Gym  6:15-7:15am Barre-Lates w/ Arlene	5:00-9:00am Member Open Gym	5:00-9:00am Member Open Gym  6:00-7:00am ***NEW CLASS*** Strong Nation w/ Kristal	5:00-6:00am Member Open Gym  6:15-7:15am Barre-Lates w/ Arlene		
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym		6:00-7:00am STUDIO Group Cycling w/Pam	7:30-8:15 am Member Open Gym	7:00 -7:45am Member Open Gym	
9:00-10:15a STUDIO Yoga w/ Annette	9:00-10:00am Salsa w/Sue	9:00-9:45am TBS w/ Sue	9:15-9:45am Member Open Gym	8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene	9:00am – 10:45am
10:15-10:45am CLOSED, KIDS CLUB	10:15-10:45am CLOSED FOR KIDS CLUB	10:00-11:00am STUDIO Yoga w/ Lisa	10:00-10:30am CLOSED FOR KIDS CLUB	9:00-9:45am STUDIO TBS w/Sue	10:00am-3:45pm MEMBER ONLY OPEN GYM	MEMBER ONLY Open Gym
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	10:00-10:45am CLOSED FOR KIDS CLUB	10:00-10:30am STUDIO Line Dancing w/Kristal	10:15-10:45am CLOSED, KIDS CLUB	Children under age 12 MUST be accompanied by an ADULT	
12:00- 5:30pm CLOSED FOR KIDS CLUB	12:00- 5:30pm CLOSED FOR KIDS CLUB	11:00-12:00pm Silver Sneakers	10:45-11:45 am Salsa w/Sue	11:00-12:00pm Chair Yoga		Non Members UNDER age 18 Are not allowed in the Weight Room
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	12:00- 5:30pm CLOSED FOR KIDS CLUB	12:00- 5:30pm CLOSED FOR KIDS CLUB	12:00- 5:30pm CLOSED FOR KIDS CLUB	12:00- 5:30pm CLOSED FOR KIDS CLUB	No One Under Age 18 Allowed in Adult Locker Rooms	
5:45-6:30pm Strong Nation w/ Kristal	5:45-6:45 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:30-6:45pm STUDIO Yoga w/ Lisa	5:30-6:30pm STUDIO Pilates w/Ellen		OPEN Gym is for MEMBERS ONLY
6:45-7:25pm Barre-Lates w/Arlene	7:00-8:45pm Team Practices Ray will Manage	7:00pm-8:00pm STUDIO Booty Works Ends April 14 <sup>th</sup>	6:00-7:00pm GYM Adult Boxing	7:00pm-8:00pm STUDIO Booty Works Ends April 14 <sup>th</sup>	<p style="text-align: center;"><b>This Schedule Subject to Change Without Notice</b></p>	
7:30-8:45 18+ Men's Basketball		5:30-7:45pm Member Open Gym	6:00-7:00pm GYM Adult Boxing			7:00-8:45pm Member Open Gym Ray will Monitor