

# GYM & CLASS SCHEDULE

February 26 – March 3 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	5:00-6:00am Member Open Gym 6:15-7:15am Barre-Lates w/ Arlene		  9:00am - 3:45pm  MEMBER ONLY Open Gym
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym			7:30-8:15 am Member Open Gym	7:00 -7:45am Member ONLY Open Gym	
9:00-10:15am STUDIO Yoga w/ Annette	9:00-10:00am Salsa w/Sue			9:00-9:45am TBS w/Sue	9:15-9:45am Gymnastics	
10:15-10:45am UPK Gym Time	10:15-10:45am UPK Gym Time	10:00-10:45am Open Gym	10:00-10:30am UPK Gymnastics	10:15-10:45am UPK Gym Time	9:15-11:45am Bitty Basketball	POP UP Gratitude Class with Arlene 10:00a – 11:00a January 28 <sup>th</sup> thru March 10 <sup>th</sup>
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:00-10:30 am STUDIO Line Dancing w/Kristal 10:45-11:45 am Salsa w/Sue	11:00-12:00pm Chair Yoga	12:00pm -3:45pm MEMBER ONLY OPEN GYM  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  OPEN Gym is for MEMBERS ONLY	11:00a – 12:00p Booty Works
12:15 2:30pm Member Open Gym	12:15 2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15 2:30pm Member Open Gym		
2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:30pm After School Care	2:30-6:00pm After School Care	2:30-5:30pm After School Care		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:45-6:45 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:30-6:45pm STUDIO Spin w/Ellen	5:30-6:30pm Turbo Step w/ Leigh		
5:45-6:15pm Learn to Line Dance w/ Kristal	7:00-8:45pm Team Practices Ray will Manage	7:00pm-8:00pm STUDIO Booty Works	6:00-7:00pm GYM Adult Boxing  Ray will Monitor Open Gym from 7-8:45pm thru 2/08	This Schedule Subject to Change Without Notice		
6:30-7:15pm Cardio Fusion w/Arlene		5:30-7:45pm Gymnastics				
7:30-8:45 18+ Men's Basketball						