



# GYM & CLASS SCHEDULE

April 25<sup>th</sup> - June 19<sup>th</sup>, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	5:00-9:00am <b>Open Gym</b>	5:00-9:00am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	7:00 -7:45am <b>Open Gym</b>	
	6:15-7:15am <b>Barre-Lates w/ Arlene</b>			6:15-7:15am <b>Barre-Lates w/ Arlene</b>		
	7:30-8:45am <b>Open Gym</b>			7:30-8:00am <b>Open Gym</b>		
8:15-10:15am <b>Pickle Ball</b>				8:15-10:15am <b>Pickle Ball</b>	8:00-9:00am <b>Cardio Fusion w/Arlene</b>	
9:00-10:00a <b>STUDIO Yoga w/Nancy</b>	9:00-10:00am <b>Zumba w/Sue</b>	9:00-9:45am <b>TBS w/Sue</b>	9:15-9:45am <b>Gymnastics</b>	9:00-9:45am <b>STUDIO TBS w/Sue</b>	9:30-10:30am <b>Yoga w/Nancy</b>	9:00-1:45pm <b>MEMBER Open Gym</b>
10:15-10:45am <b>UPK Gym Time</b>	10:15-10:45 Senior Line Dance	10:00-10:45am <b>Open Gym</b>	10:00-10:30am <b>UPK Gymnastics</b>	10:15-10:45am <b>UPK Gym Time</b>	10:45-1:45pm <b>MEMBER Open Gym</b>	
11:00-12:00pm <b>Silver Sneakers Circuit</b>	11:00-11:30pm <b>Silver Sneakers Balance</b>	11:00-12:00pm <b>Silver Sneakers</b>	11:00-12:00pm <b>Zumba w/Sue</b>	11:00-12:00pm <b>Silver Sneakers Yoga</b>		
12:00-1:30pm <b>Open Gym</b>	11:45-1:30pm <b>Open Gym</b>	12:15-1:15pm <b>Pickle Ball</b>	12:15-12:45pm <b>UPK Gymnastics</b>	12:00-1:30pm <b>Open Gym</b>		
1:45-2:15pm <b>UPK Gym Time</b>	1:45-2:15pm <b>UPK Gym Time</b>	1:30-2:15pm <b>Open Gym</b>	1:00-2:15pm <b>Open Gym</b>	1:45-2:15pm <b>UPK Gym Time</b>		
2:30-5:45pm <b>After School Care</b>	2:30-5:45pm <b>After School Care</b>	2:30-5:45pm <b>After School Care</b>	2:30-5:45pm <b>After School Care</b>	2:30-6:00pm <b>After School Care</b>		
5:30-6:30pm <b>STUDIO Indoor Cycling w/Ellen</b>	5:45-6:45pm <b>TRX &amp; More w/ Tif</b>	5:30-6:30pm <b>Gymnastics</b>	6:00-7:00pm <b>STUDIO Candle-Lit Yoga w/ Becky</b>	6:00-7:00pm <b>MEMBER Open Gym</b>		
6:00-7:00pm <b>HIIT w/Christine</b>			6:00-7:00 pm <b>Beginning May 4<sup>th</sup> ***NEW*** Youth Boxing</b>			
7:15-8:00pm <b>MEMBER Open Gym</b>			7:00-8:00pm <b>MEMBER Open Gym</b>		6:45-8:00pm <b>"Competitive" Pickle Ball</b>	7:00-8:00pm <b>Beginning May 4<sup>th</sup> **NEW Fitness Class** Adult Boxing</b>