


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Member Open Gym	5:00-6:00am Member Open Gym	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			6:15-7:15am Barre-Lates w/ Arlene		
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym		6:00-6:45am STUDIO Indoor Cycling w/Donna	7:30-8:15 am Member Open Gym	7:00 -7:45am Member Open Gym	8:00-9:00am Cardio Fusion w/Arlene
9:00-10:15am STUDIO Yoga	9:00-10:00am Zumba w/Sue	9:00-9:45am TBS w/Sue	9:15-9:45am Gymnastics	9:00-9:45am STUDIO TBS w/Sue	9:30-10:45am STUDO Yoga	10:30a- 11:30a ADULT BOXING Begins 5/7
10:15-10:45am UPK Gym Time	10:15-10:45 Line Dance	10:00-10:45am Open Gym	10:00-10:30am UPK Gymnastics	10:15-10:45am UPK Gym Time	11:00-3:45pm MEMBER Open Gym	11:45 a- 2:15p Geneva JR Panthers Cheer Clinic Last day 5/7
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:45-11:45 pm Zumba w/Sue	11:00-12:00pm Silver Sneakers Yoga		2:15 p-3:45p MEMBER Open Gym
12:15-12:45pm UPK Gym Time	12:15-12:45pm UPK Gym Time	12:15-12:45pm UPK Gym Time	12:15-12:45pm UPK Gymnastics	12:15-12:45pm UPK Gym Time		
1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	<p align="center"><b>GYM &amp; CLASS SCHEDULE</b></p> <p align="center"><i>May 1<sup>st</sup> Thru June 23<sup>rd</sup> 2023</i></p>	
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	2:30-6:00pm 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 Yoga w/ Becky	Gym CLOSED for Friday Night Special Events		
6:00-7:30pm AAU Basketball Practice 5/8, 5/15, 5/22	6:00-7:00pm STUDIO KIDS BOXING		6:00-7:00pm GYM Kids Boxing			
			7:00-8:00pm STUDIO/GYM Adult Boxing			
7:45-8:45pm MEMBER Open Gym	7:00-8:45pm MEMBER Open Gym	5:30-7:45pm Gymnastics	7:00-8:30pm AAU Basketball Practice 5/4, 5/11, 5/18 5/25, 6/1, 6/8			