



GYM & CLASS SCHEDULE

September 6th – December 23rd, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Open Gym	5:00-6:00am Open Gym	5:00-9:00am Open Gym	5:00-9:00am Open Gym	5:00-6:00am Open Gym	7:00 -7:45am Open Gym	
	6:15-7:15am Barre-Lates w/ Arlene			6:15-7:15am Barre-Lates w/ Arlene		
	7:30-8:45am Open Gym		6:00-6:45am STUDIO Indoor Cycling w/Donna	7:30-8:15 am Open Gym		
8:15-10:15am Pickle Ball				8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene	
9:00-10:15am STUDIO Yoga w/Nancy	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 Yoga w/Nancy	9:00-9:45pm MEMBER Open Gym
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	11:00-1:45pm MEMBER Open Gym	
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	11:00-12:00pm Zumba w/Sue	11:00-12:00pm Silver Sneakers Yoga		10:00-11:00a **NEW CLASS** Adult Boxing
12:15-12:45pm UPK Gym Time	12:15-12:45pm UPK Gym Time	12:15-1:15pm Pickle Ball	12:15-12:45pm UPK Gymnastics	12:15-12:45pm UPK Gym Time		11:15-1:45pm MEMBER Open Gym
1:00-2:30pm Open Gym	1:00-2:30pm Open Gym	1:30-2:30pm Open Gym	1:00-2:30pm Open Gym	1:00-2:30pm Open Gym		
2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:45pm After School Care		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:45-6:45pm TRX & More w/ Tif	5:30-6:30pm Gymnastics	6:00-7:00pm STUDIO Yoga w/ Becky	6:00-7:00pm MEMBER Open Gym		
6:00-7:00pm HIIT w/Christine			6:00-7:00pm Youth Boxing			
7:15-8:00pm MEMBER Open Gym	7:00-8:00pm MEMBER Open Gym	6:45-8:00pm MEMBER Open Gym	7:00-8:00pm Adult Boxing			