

# GYM & CLASS SCHEDULE

February 27-April 2, 2023



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	7:00 -7:45am Member Open Gym	
	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
			8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene	9:00 -9:45am Member Open Gym	
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	Arlenes Gratitude Pop-UP 10:00-11:00am
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	
11:00-12:00pm 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		
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		
1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	1:30-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym	1:00-2:30pm Member Open Gym		
2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:30pm After School Care	2:30-5:45pm After School Care	2:30-5:45pm After School Care		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:30-6:30pm STUDIO KIDS BOXING Begins 3/7	5:30-6:30pm STUDIO Pilates w/Ellen	6:00-7:00pm STUDIO Yoga w/ Becky	6:00-7:00pm U-8 Baseball Practice		
	6:30-7:30pm STUDIO Adult Boxing Begins 3/7					
	5:45-6:45 pm TRX and More w/Tif					
6:00-7:30pm AAU Basketball Practice	7:00-8:15pm U-11 Baseball Practice	5:30-7:45pm Gymnastics	6:00-7:00pm Adult Boxing			
7:45-8:45pm MEMBER Open Gym	8:15-8:45pm MEMBER Open Gym		7:00-8:30pm AAU Basketball Practice			