

# GYM SCHEDULE Begins June 17th 2019—September 1, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 – 6:00 am OPEN GYM	5:00 - 6:30 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 6:30 am OPEN GYM	5:00 – 6:00 am OPEN GYM	
9:00 am – 1:45 pm OPEN GYM	6:15 – 7:00 am Rise & Shine w/ Arlene	6:45—7:30 am Circuit and Lift w/ Laura	5:30-6:15am HIIT the Ropes w/ Jess	6:45—7:30 am Circuit and Lift w/ Laura	6:15 – 7:00 am Rise & Shine w/ Arlene	7 am – 8 am OPEN GYM
	7:15 - 8:15 am OPEN GYM	7:45-9:15 am OPEN GYM	6:30—8:15 am OPEN GYM	7:45-9:15 am OPEN GYM	7:15—10:00 am OPEN GYM	8 – 9:15 am Cardio Fusion w/ Arlene
	8:30 - 9:30 am TBS w/ Sue		8:30 - 9:30 am TBS w/ Sue			
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:45-10:30 am OPEN GYM	9:30 – 10:30 am Zumba Tone w/ Sue	***** NEW TIME BEGINS 6/21/2019	9:30 am– 4:45 pm OPEN GYM
	10:30am – 12:00 pm OPEN GYM	11:00 - 11:45 am Silver Sneakers	10:45 – 11:30 am Silver Sneakers	11:00 - 11:45 am Silver Sneakers	10:15– 11:00 am Silver Sneakers Yoga *****	
	12:00 – 2:30 pm OPEN GYM	12:00 - 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:15 am—7:45 pm OPEN GYM	
	2:30 - 5:15 pm Summer Camp	2:30 - 5:45 pm Summer Camp	2:30 - 5:15 pm Summer Camp	2:30 - 5:45 pm Summer Camp		
	4:00—500 pm GYMNASTICS July 29-August 25		4:00—500 pm GYMNASTICS July 29-August 25			
	5:30 – 6:30 pm MONDAY MIX UP Instructor Rotates	6:00 - 7:00 pm Zumba w/ Melissa	5:30 – 6:30 pm HIIT/X-Celerate w/ Tif	6:00 - 7:00 pm Zumba w/ Melissa		
		5:30 - 6:30 pm ShapeUp on Seneca w/ Arlene 7/9/19—8/27/19		6:30 - 7:30 pm Yoga @ the Lake w/ Rotating Instructor 6/20/19—8/29/19 NO CLASS 7/4		
	6:45 - 9:15pm OPEN GYM	7:15 - 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	7:15 - 9:15 pm OPEN GYM		

## Yoga, Pilates, TRX, Cycling Studio Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45-6:45 am Cycling w/ Sarah		5:45-6:45 am Cycling w/ Jess	6:15-7:15 am Cycling w/ Jen	
						9:15-10:00 am Barre Instructor Rotates
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol			10:15-11:15 am Yoga Instructor Rotates
	5:30-6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/ Tif	5:30-6:30pm Cycling w/ Donna	5:30-6:30 pm TRX w/ Tif	5:15 - 6:00 pm Yoga w/ Karen	
	6:45-7:45 pm Barre w/ Karen		6:45-7:45 pm Yoga w/ Karen	6:45-7:45 pm Barre w/ Arlene		

**Please Note:** Children ages 12 & 13 may attend group exercise classes with a parent or guardian.  
At the age of 14 parental supervision is no longer required.

**NO** children under the age of 12 may be present in the gym or cycling studio during class times.  
The instructor reserves the right to request disruptive participants to leave any class at their discretion.