

SUMMER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 – 6:00 am OPEN GYM	5:00 - 9:15 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
9:00 am – 1:45 pm OPEN GYM	6:00 – 7:00 am Rise & Shine w/ Arlene				6:00 – 7:00 am Rise & Shine w/ Arlene	
	8:30 – 9:15 am TBS w/Sue				7:00 - 9:30 am OPEN GYM	8 – 9:15 am Cardio Fusion w/ Arlene
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:30 - 10:15 am TBS w/Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30 am– 2:45 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	10:30 - Noon OPEN GYM	3:00 - 5:00 pm EPIC ZONE ONLY
	12:00 – 2:00 pm Member Basketball	12:00 - 3:30 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	12:00 – 3:30 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	
	2:00 - 3:30 pm OPEN GYM		2:00 - 3:30 pm OPEN GYM		2:00 - 7:45 pm OPEN GYM	
	3:30 - 5:30 pm Summer Camp	3:30 - 5:30 pm Summer Camp	3:30 – 5:30 pm Summer Camp	3:30 – 5:30 pm Summer Camp		
	5:30 – 6:30 pm X-treme Strength & Sculpt w/ Tiff		5:30 – 6:30 pm Xcelerate w/ Tiff	5:30 - 8:45 pm OPEN GYM		
		* H.I.I.T. @ the Lake w/Arlene 5:30 - 6:30 pm	6:45 – 7:45 pm Barre-Less w/ Arlene	* Yoga @ the Lake w/ Leigh 6:30—7:30 pm		
	6:30 - 8:45 pm OPEN GYM	5:30 - 8:45 pm OPEN GYM	7:45 – 8:45 pm OPEN GYM			

* Call for Summer Dates.

SUMMER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30– 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	7 – 11:00 am Lap Swim
	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	
9:00am – 12:00 pm Lap Swim		9:30 – 10:30 am OPEN SWIM		9:30 – 10:30 am OPEN SWIM	9:30 – 10:00 am OPEN SWIM	
12:00 pm - 1:45 pm Open Swim	10:00 am – 11:00 am Water Exercise Deep Water		10:00 am – 11:00 am Water Exercise Deep Water		10:00 - 11:00 am Water Exercise Deep Water	11:00am – 2:45pm OPEN SWIM
	10:30 - 11:30 am Water Exercise I	10:30 am – 11:30 am Water Exercise II	10:30 - 11:30 am Water Exercise I	10:30 am – 11:30 am Water Exercise I		2:45 - 4:45 pm Community Open Swim
	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:30am – 1:15 pm Lap Swim	11:00am – 1:15 pm Lap Swim	
	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 5:30 pm OPEN SWIM	
	4:00 - 5:30 pm Open Swim	4:00pm—6:00 pm Open Swim	4:00 - 5:30 pm Open Swim	4:00 – 6:30 pm Open Swim		
	5:30 pm - 7:30 pm Youth Lessons	6:00 – 8:00 pm Community Open Swim	5:30 – 7:30 pm Youth Lessons	6:30 – 7:30 pm Aquafit w/Tracy	5:30 - 7:00 pm Open Swim	
	7:30 - 8:45 pm *1/2 Open/ 1/2 Lap	8:00 - 8:45 pm Lap Swim	7:30 - 8:45 pm *1/2 Open/ 1/2 Lap	7:45 - 8:45 pm 1/2 Open/ 1/2 Lap	7:00 - 7:45 pm Lap Swim	