

GYM & CLASS SCHEDULE *March 4 - March 17, 2024*



9:00am – 9:45pm
MEMBER ONLY
Open Gym

POP UP
Gratitude
Class with Arlene
10:00a – 11:00a
January 28th
thru
March 10th

11:00a – 12:00p
Booty Works

12:15pm – 3:45pm
MEMBER ONLY
Open Gym

SUNDAY
9:00am – 9:45pm MEMBER ONLY Open Gym
POP UP Gratitude Class with Arlene 10:00a – 11:00a January 28 th thru March 10 th
11:00a – 12:00p Booty Works
12:15pm – 3:45pm MEMBER ONLY Open Gym

FRIDAY
5:00-6:00am Member Open Gym
6:15-7:15am Barre-Lates w/ Arlene
7:30-8:15 am Member Open Gym
8:15-10:15am Pickle Ball
9:00-9:45am STUDIO TBS w/Sue
10:15-10:45am UPK Gym Time
11:00-12:00pm Chair Yoga
12:15 2:30pm Member Open Gym
2:30-5:30pm After School Care
5:30-6:30pm Turbo Step w/ Leigh
This Schedule Subject to Change Without Notice

THURSDAY
5:00-6:00am Member Open Gym
6:00-7:00am Strong Nation w/ Kristal
7:00-9:00am Member Open Gym
9:15-9:45am Gymnastics
10:00-10:30am UPK Gymnastics
10:00-10:30 am STUDIO Line Dancing w/Kristal
10:45-11:45 am Salsa w/Sue
12:15-2:30pm Member Open Gym
2:30-6:00pm After School Care
5:15-6:15pm STUDIO Yoga w/ Lisa
6:00-7:00pm GYM Adult Boxing
Ray will Monitor Open Gym from 7-8:45pm thru 2/08

WEDNESDAY
5:00-9:00am Member Open Gym
9:00-9:45am TBS w/Sue
10:00-10:45am STUDIO Yoga w / Lisa
11:00-12:00pm Silver Sneakers
12:15-2:30pm Member Open Gym
2:30-5:30pm After School Care
5:30-6:30pm STUDIO Pilates w/Ellen
7:00pm-8:00pm STUDIO Booty Works
5:30-7:45pm Gymnastics

TUESDAY
5:00-6:00am Member Open Gym
6:15-7:15am Barre-Lates w/ Arlene
7:30-8:45am Member Open Gym
9:00-10:00am Salsa w/Sue
10:15-10:45am UPK Gym Time
11:00-11:30pm Balance
12:15 2:30pm Member Open Gym
2:30-5:45pm After School Care
5:45-6:45 pm TRX and More w/Tif
7:00-8:45pm Team Practices Ray will Manage

MONDAY
5:00-8:00am Member Open Gym
8:15-10:15am Pickle Ball
9:00-10:15am STUDIO Yoga w/ Annette
10:15-10:45am UPK Gym Time
11:00-12:00pm Silver Sneakers Circuit
12:15 2:30pm Member Open Gym
2:30-5:45pm After School Care
5:30-6:30pm STUDIO Indoor Cycling w/Ellen
5:45-6:45pm Strong Nation w/ Kristal
6:45-7:30pm Cardio Fusion w/Arlene
7:30-8:45 18+ Men's Basketball