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

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	5:00-6:00am 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		the
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym		6:00-7:00am Strong Nation w/ Kristal	7:30-8:15 am Member Open Gym	7:00 -7:45am Member ONLY Open Gym	
			7:00-9:00am Member Open Gym	8:15-10:15am Pickle Ball	8:00-9:00am Cardio Fusion w/Arlene	9:00am – 9:45pm
9:00-10:15am STUDIO Yoga w/ Annette	9:00-10:00am Salsa w/Sue	9:00-9:45am TBS w/Sue	9:15-9:45am Gymnastics	9:00-9:45am STUDIO TBS w/Sue	8:30-9:30am STUDIO Yoga w/ Annette	MEMBER ONLY Open Gym
10:15-10:45am UPK Gym Time	10:15-10:45am UPK Gym Time	10:00-10:45am STUDIO Yoga w / Lisa	10:00-10:30am UPK Gymnastics	10:15-10:45am UPK Gym Time	9:15-11:45am Bitty Basketball	POP UP Gratitude
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:00-10:30 am STUDIO Line Dancing w/Kristal	11:00-12:00pm Chair Yoga	12:00pm -3:45pm MEMBER ONLY	Class with Arlene 10:00a – 11:00a January 28 <sup>th</sup>
			10:45-11:45 am Salsa w/Sue		OPEN GYM	thru March 10 <sup>th</sup>
12:15 2:30pm Member Open Gym	12:15 2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15-2:30pm Member Open Gym	12:15 2:30pm Member Open Gym	Children under age 12 MUST be accompanied by an ADULT	11:00a – 12:00p Booty Works
2:30-5:45pm After School Care	2:30-5:45pm After School Care	2:30-5:30pm After School Care	2:30-6:00pm After School Care	2:30-5:30pm After School Care	Non Members	12:15pm – 3:45pm
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:45-6:45 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:15-6:15pm STUDIO Yoga w/ Lisa	5:30-6:30pm Turbo Step w/ Leigh	UNDER age 18 Are not allowed in the Weight Room	MEMBER ONLY Open Gym
5:45-6:45pm Strong Nation w/ Kristal	7:00-8:45pm Team Practices Ray will Manage	7:00pm-8:00pm STUDIO Booty Works	6:00-7:00pm GYM Adult Boxing	This Schedule Subject to	No One Under Age 18 Allowed in Adult Locker Rooms	
6:45-7:30pm Cardio Fusion w/Arlene		5:30-7:45pm Gymnastics	Ray will Monitor Open Gym from 7-8:45pm thru 2/08	Change Without	OPEN Gym is for MEMBERS ONLY	
7:30-8:45 18+ Men's Basketball				Notice		