

GYM & CLASS SCHEDULE

January 8 – February 18, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Member Open Gym	5:00-6:00am Member Open Gym 6:15-7:15am Barre-Lates w/ Arlene	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		
8:15-10:15am Pickle Ball	7:30-8:45am Member Open Gym		6:00-6:45am STUDIO Look for POP UP Class Info	7:30-8:15 am Member Open Gym 8:15-10:15am Pickle Ball	7:00 -7:45am Member ONLY Open Gym 8:00-9:00am Cardio Fusion w/Arlene	9:00am - 3:45pm MEMBER ONLY Open Gym
9:00-10:15am STUDIO Yoga w/ Annette/Lisa	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	
10:15-10:45am UPK Gym Time	10:15-10:45am UPK Gym Time	10:00-10:45am Open Gym	10:00-10:30am UPK Gymnastics	10:15-10:45am UPK Gym Time	9:15-11:45am Bitty Basketball	POP UP Gratitude Class with Arlene 10:00a – 11:00a January 28 th thru March 10 th
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 10:45-11:45 am Salsa w/Sue	11:00-12:00pm Chair Yoga	12:00pm -3:45pm MEMBER ONLY OPEN GYM	11:00a – 12:00p Booty Works Begins 2/11 8 Weeks
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	
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 UNDER age 18 Are not allowed in the Weight Room	
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	5:30-6:45pm STUDIO Yoga w/ Lisa until 1/18 Spin w/Ellen start 1/25	5:30-6:30pm Retro-Step w/ Leigh Begins 1/26/2024 **NEW CLASS**	No One Under Age 18 Allowed in Adult Locker Rooms	
5:45-6:15pm Learn to Line Dance w/ Kristal	7:00-8:45pm Team Practices Ray will Manage	7:00pm-8:00pm STUDIO Booty Works ** NEW Class** Begins 2/7 – 8 Weeks	6:00-7:00pm GYM Adult Boxing Thru 2/08	This Schedule Subject to Change Without Notice	OPEN Gym is for MEMBERS ONLY	
6:30-7:15pm Cardio Fusion w/Arlene		5:30-7:45pm Gymnastics	Men's League Begins February 15 th			
7:30-8:45 18+ Men's Basketball			Ray will Monitor Open Gym from 7-8:45pm thru 2/08			