



GYM & CLASS FALL SCHEDULE

November 8– November 28th, 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|---------------------------------|
| 5:00-8:00am Open Gym | 5:00-6:00am Open Gym | 5:00-9:00am Open Gym | 5:00-9:00am Open Gym | 5:00-6:00am Open Gym | | |
| | 6:15-7:15am Barre-Lates w/ Arlene | | | 6:15-7:15am Barre-Lates w/ Arlene | | |
| | 7:30-8:45am Open Gym | | | 7:30-8:00am Open Gym | 8:00-9:00am Cardio Fusion w/Arlene | |
| 8:15-10:15am Pickle Ball | | | | 8:15-10:15am Pickle Ball | | |
| 9:00-10:00a STUDIO Yoga w/Nancy | 9:00-10:00am Zumba w/Sue | 9:00-9:45am TBS w/Sue | 9:15-9:45am Gymnastics | 9:00-9:45am STUDIO TBS w/Sue | 9:30-10:30am Yoga w/Karen/Becky | 9:00-11:45am Open Gym |
| 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 | | |
| 11:00-12:00pm Silver Sneakers Cardio | 11:00-12:00pm Silver Sneakers | 11:00-12:00pm SS Balance & Drumming | 11:00-12:00pm Zumba w/Sue | 11:00-12:00pm Silver Sneakers Yoga | 10:45-12:45pm Open Gym | |
| 12:00-1:30pm Open Gym | 12:00-1:30pm Open Gym | 12:00-2:15pm Open Gym | 12:15-12:45 pm UPK Gymnastics | 12:00-1:30pm Open Gym | | |
| 1:45-2:15pm UPK Gym Time | 1:45-2:15pm UPK Gym Time | | 1:00-2:15pm Open Gym | 1:45-2:15pm UPK Gym Time | | |
| 2:30-6:00pm After School Care | 2:30-5:30pm After School Care | 2:30-6:00pm After School Care | 2:30-5:30pm After School Care | 2:30-6:00pm After School Care | | |
| 6:00-7:00pm STUDIO Indoor Cycling w/Ellen | 5:45-6:30pm TRX & More w/Tif | 6:00-7:00pm STUDIO Indoor Cycling w/Donna begins 11/18 | 5:30-6:30pm Gymnastics November | 6:15-6:45 Open Gym | | |
| | 6:45-7:45 Open Gym | | 6:00-7:00pm STUDIO Yoga w/Becky/Karen | | | |
| 6:15-7:45 Open Gym | | 6:15-7:15 Indoor Soccer 11/10-11/24 | | | | |
| | | 7:15-7:45 Open Gym | 6:45-7:45 Open Gym | | | |