



SUMMER GYM SCHEDULE

Sept 1st – Sept 12th, 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|
| 5:00a – 10:45a OPEN GYM | 5:00a – 9:15a OPEN GYM | 5:00a – 8:45a OPEN GYM | 5:00a – 9:15a OPEN GYM | 5:00a – 10:45a OPEN GYM | 8:00a – 9:15a OPEN GYM |
| 11:00a – 11:45a Silver Sneakers w/Laura | 9:30a – 10:30a Zumba w/Sue In Gym | 9:00a – 9:45a TBS w/Sue In Gym | 9:30a – 10:30a Zumba w/Sue In Gym | 11:00a – 12:00p Silver Sneakers Yoga w/Karen | 9:30a – 10:30a Yoga w/Karen In Gym |
| 12:00p – 2:00p OPEN GYM | 11:00a – 11:45a Silver Sneakers w/Laura | 10:15a – 11:00a Balance & Drumming w/Laura | 10:45p – 2:00p OPEN GYM | 12:15p – 2:00p OPEN GYM | 10:45a – 1:00p OPEN GYM |
| 2:00p – 6:00p AFTER SCHOOL | 12:00p – 2:00p OPEN GYM | 11:15a – 2:00p OPEN GYM | 2:00p – 6:00p AFTER SCHOOL | 2:00p – 6:00p AFTER SCHOOL | |
| 5:15p – 5:30p Target Abs & Glutes w/ Laura | 2:00p – 6:00p AFTER SCHOOL | 2:00p – 6:00p AFTER SCHOOL | 5:30p – 6:30p Kick-Step w/Karen | 5:00p – 7:45p OPEN GYM | |
| 5:30p – 7:45 pm OPEN GYM | 5:30p – 6:45p TRX & More w/Tiff | 5:00p – 7:45p OPEN GYM | 6:30p – 7:45p OPEN GYM | | |
| | 6:45p – 7:45p OPEN GYM | | | | |
| | | | | | SUNDAY |
| | | | | | 9:00a – 12:00p OPEN GYM |