



# SUMMER GYM SCHEDULE *June 27<sup>th</sup> - Sept 4<sup>th</sup>, 2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a – 8:15a <b>OPEN GYM</b>	5:00a – 6:15a <b>OPEN GYM</b>	5:00a – 9:00a <b>OPEN GYM</b>	5:00a – 9:00a <b>OPEN GYM</b>	5:00a – 6:15a <b>OPEN GYM</b>	7:00a – 8:00a <b>OPEN GYM</b>	9:15a-1:45p <b>OPEN GYM</b>
	6:15a-7:15a <b>Cardio Fusion w/ Arlene</b>			6:15a-7:15a <b>Cardio Fusion w/ Arlene</b>		
8:15a-10:15a <b>Pickle Ball</b>	7:15a-9:00a <b>OPEN GYM</b>	9:00a – 9:45a <b>TBS w/ Sue</b>	9:00a-10:00a <b>Zumba w/ Sue</b>	7:15a-8:15a <b>OPEN GYM</b>	8:00a-9:00a <b>Cardio Fusion w/Arlene</b>	
9:00a-10:00a <b>STUDIO Yoga w/ Nancy</b>	9:00a-10:00a <b>Zumba w/Sue</b>			8:15a-10:15a <b>Pickle Ball</b>	9:30a-10:30a <b>STUDIO Yoga w/Nancy</b>	
10:15a-10:45a <b>Jr Camp</b>	10:15a-10:45a <b>Line Dancing w/ Kristal</b>	10:00a-10:45a <b>Jr Camp</b>	10:15a-11:45a <b>Jr Camp</b>	10:15a-11:45a <b>OPEN GYM</b>	9:15a-1:45p <b>OPEN GYM</b>	
11:00a-12:00p <b>Silver Sneakers Circuit w/ Laura</b>	11:00a -11:30a <b>Balance w/ Laura</b>	11:00a-12:00p <b>Silver Sneakers Circuit w/ Laura</b>		11:00a –12:00p <b>Silver Sneakers</b>		
12:00p – 2:00p <b>OPEN GYM</b>	12:00p – 2:00p <b>OPEN GYM</b>	12:15p-1:45p <b>Pickle Ball</b>	12:00p – 2:00p <b>OPEN GYM</b>	12:00p – 6:45p <b>OPEN GYM</b>		
2:00p – 5:30p <b>SUMMER CAMP</b>	2:00p – 5:30p <b>SUMMER CAMP</b>	2:00p – 5:30p <b>SUMMER CAMP</b>	2:00p – 5:30p <b>SUMMER CAMP</b>			
5:30p-6:30p <b>STUDIO Cycling w/ Ellen</b>	5:45p – 6:45p <b>TRX &amp; More w/Tif</b>	5:45p – 7:45p <b>OPEN GYM</b>	6:00p-7:00p <b>STUDIO Yoga w/ Becky</b>			
6:00p-7:00p <b>HIIT w/Christine</b>			6:00p-7:00p <b>Youth Boxing</b>			
7:15p-7:45p <b>OPEN GYM</b>	7:00p-7:45p <b>OPEN GYM</b>		7:00p-8:00p <b>Adult Boxing</b>			