



# GYM & CLASS FALL SCHEDULE

September 13<sup>th</sup> – December 31<sup>st</sup>, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	5:00-9:00am <b>Open Gym</b>	5:00-9:00am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	7:00 -7:45am <b>Open Gym</b>	
	6:15-7:15am <b>Barre-Lates w/ Arlene</b>			6:15-7:15am <b>Barre-Lates w/ Arlene</b>		
	7:30-8:45am <b>Open Gym</b>			7:30-8:00am <b>Open Gym</b>		
8:15-10:15am <b>Pickle Ball Begins October-TBD</b>				8:15-10:15am <b>Pickle Ball Begins October-TBD</b>	8:00-9:00am <b>Cardio Fusion w/Arlene</b>	
9:00-10:00a <b>STUDIO Yoga w/Nancy</b>	9:00-10:00am <b>Zumba w/Sue</b>	9:00-9:45am <b>TBS w/Sue</b>	9:00-10:00a <b>STUDIO Zumba w/Sue</b>	9:00-9:45am <b>STUDIO TBS w/Sue</b>	9:30-10:30am <b>Yoga w/Karen</b>	9:00-11:45am <b>Open Gym</b>
			9:15-9:45am <b>Gymnastics</b>			
10:15-10:45am <b>Preschool Gym Time</b>	10:15-10:45am <b>Preschool Gym Time</b>	10:00-10:45am <b>Open Gym</b>	10:00-10:30am <b>PreK Gymnastics</b>	10:15-10:45am <b>Preschool Gym Time</b>		
11:00-12:00pm <b>SS Cardio</b>	11:00-12:00pm <b>Silver Sneakers</b>	11:00-12:00pm <b>SS Balance &amp; Drumming</b>	10:30-12:15pm <b>GYM CLOSED</b>	11:00-12:00pm <b>Silver Sneakers Yoga</b>	10:45-12:45pm <b>Open Gym</b>	
12:00-1:30pm <b>Open Gym</b>	12:00-1:30pm <b>Open Gym</b>	12:00-2:15pm <b>Open Gym</b>	12:15-12:45 pm <b>PreK Gymnastics</b>	12:00-1:30pm <b>Open Gym</b>		
1:45-2:15pm <b>Preschool Gym Time</b>	1:45-2:15pm <b>Preschool Gym Time</b>		1:00-2:15pm <b>Open Gym</b>	1:45-2:15pm <b>Preschool Gym Time</b>		
2:30-6:00pm <b>After School Care</b>	2:30-5:30pm <b>After School Care</b>	2:30-6:00pm <b>After School Care</b>	2:30-5:30pm <b>After School Care</b>	2:30-6:00pm <b>After School Care</b>		
5:30-5:45pm <b>STUDIO Abs/Glutes w/Laura</b>	5:45-6:30pm <b>TRX &amp; More w/Tif</b>	5:30-5:45pm <b>STUDIO Back/Bis/Tris w/Laura</b>	5:30-6:30pm <b>Gymnastics</b>	6:15-6:45pm <b>Open Gym</b>		
6:00-7:00pm <b>STUDIO Indoor Cycling w/Ellen</b>	6:45-7:45pm <b>Open Gym</b>	6:00-7:00pm <b>STUDIO Indoor Cycling w/Karen or Donna</b>	6:00-7:00pm <b>STUDIO Yoga w/Karen</b>			
6:00-7:00pm <b>Kick Step w/Karen</b>		6:15-7:45pm <b>Open Gym</b>	6:45-7:45pm <b>Open Gym</b>			
7:15-7:45pm <b>Open Gym</b>						