

schedules

Gym Schedule

SPRING 1: FEBRUARY 22 - APRIL 18, 2010

MONDAY

6:00-9:00am	Open Gym
9:00-9:55am	Circuit Training
10:00-10:55am	Active Yoga
11:00-11:45am	Silver Sneakers
11:45-4:30pm	Open Gym*
4:30-5:30pm	Child Care
5:30-6:30pm	Body Conditioning
6:30-7:30pm	Kickboxing
7:30-9:00pm	Open Gym

TUESDAY

6:00-9:00am	Open Gym
9:00-10:00am	Body Conditioning
10:00-4:30pm	Open Gym*
4:30-5:30pm	Child Care
6:00-7:00pm	Zumba
7:00-9:00pm	Open Gym

WEDNESDAY

6:00-9:30am	Open Gym
9:30-10:30am	Gentle Yoga
10:45-11:30pm	Silver Sneakers
11:30-4:30pm	Open Gym*
4:30-5:30pm	Child Care
5:30-6:00pm	Open Gym
6:00-7:00pm	Kickboxing
7:00-7:30pm	Kids Klub
7:30-9:00	Open Gym

THURSDAY

6:00-9:00am	Open Gym
9:00-10:00am	Body Conditioning
11:00-12:00pm	Silver Sneakers Yoga Stretch
12:00-4:30pm	Open Gym*
4:30-5:30pm	Child Care
5:30-9:00pm	Teen Night

FRIDAY

6:00-9:00am	Open Gym
9:00-10:00am	Active Yoga
10:00-10:45am	Intro to Exercise
10:45-11:30am	Silver Sneakers
11:30-4:30pm	Open Gym*
4:30-5:30pm	Child Care
5:30-6:30pm	Open Gym
6:30-9:00pm	Family Gym

SATURDAY

8:00-9:00am	Zumba
9:00-10:00am	Active Yoga
10:00am-2:00pm	Youth Sports
2:00-5:00pm	Open Gym

SUNDAY

10:00-2:00pm	Open Gym
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*Open gym time may vary due to special events and outside rentals.