

EAST GYM SCHEDULE, EFFECTIVE MAY 15

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	MEN'S PICK UP BASKETBALL	OPEN	MEN'S PICK UP BASKETBALL	OPEN	MEN'S PICK UP BASKETBALL	OPEN at 6
6:30-8:30 am	OPEN		OPEN		OPEN	
8:30-9:30 am	8:45 - 9:30am BOOT CAMP	8:35 - 9:35am Y PUMP	8:45 - 9:30am BOOTCAMP	8:35 - 9:35am Y PUMP	8:45 - 9:30am BOOTCAMP	OPEN
9:30-10:30 am	YOUTH CLASSES				OPEN	
10:30-11:00 am	KIDS CLUB (PENDING WEATHER)					
11:00-12 pm	CHILDCARE	CHILDCARE / GYMNASTICS	CHILDCARE	CHILDCARE / GYMNASTICS	CHILDCARE	
12:00-1 pm	OPEN	OPEN	OPEN	OPEN	OPEN	
1-3:30 pm		GYMNASTICS	GYMNASTICS			
3:30-4:00 pm	CHILDCARE (PENDING WEATHER)	CHILDCARE (PENDING WEATHER)	CHILDCARE / GYMNASTICS	CHILDCARE (PENDING WEATHER)	CHILDCARE (PENDING WEATHER)	
4:00-5:30 pm	OPEN					
5:30-6:30 pm	YPUMP	5:30-6:15 PM BOOT CAMP	YPUMP	5:30-6:15 PM BOOT CAMP	OPEN	
6:30pm-Close	OPEN					

MIDDLE GYM SCHEDULE, EFFECTIVE MAY 15

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:30-6:30 am	BOOT CAMP	OPEN	BOOT CAMP	OPEN	BOOT CAMP	BUILDING OPENS at 6AM		
6:30-8:15 am	OPEN		OPEN		OPEN	7:30-8:30 AM CARDIO DANCE		
8:15-9:15 am	LITE COMBO	SR. STRENGTH & CARDIO	LITE COMBO	SR. STRENGTH & CARDIO	LITE COMBO	OPEN		
9:15-10:15 am	CHILDCARE (PENDING WEATHER)		YOGA 9am - 10am		CHILDCARE (PENDING WEATHER)		YOGA 9am - 10am	CHILDCARE (PENDING WEATHER)
10:15-11:15am	DELAY THE DISEASE		CHILDCARE/KIDS CLUB		DELAY THE DISEASE		CHILDCARE/KIDS CLUB	CHILDCARE/KIDS CLUB
11:15am-12:15pm	OPEN		OPEN		OPEN		OPEN	
12:15-12:45pm	ABS EXPRESS		OPEN		ABS EXPRESS		OPEN	
12:45-2 pm	OPEN		OPEN		OPEN		OPEN	
1:30-2 pm	PRESCHOOL (PENDING WEATHER)		PRESCHOOL (PENDING WEATHER)		PRESCHOOL (PENDING WEATHER)		PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)
2-3:00 pm	CHILDCARE/KIDS CLUB							
3-4:00 pm	M.S. STRENGTH & CONDITIONING		CHILDCARE/KIDS CLUB		M.S. STRENGTH & CONDITIONING		CHILDCARE/KIDS CLUB	CHILDCARE/KIDS CLUB
4:00-4:45 pm	KIDS CLUB							
4:45-5:30 pm	OPEN				OPEN	CLOSE AT 6 pm		
5:30-6:30 pm	CARDIO DANCE	ZUMBA	CARDIO DANCE	ZUMBA				
6:30pm -Close	OPEN	OPEN	OPEN	OPEN	CLOSE AT 7pm			

Both Gyms are OPEN on Sunday, 10am-Close.