

EAST GYM SCHEDULE MARCH 15 - MAY 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a						
6:00a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL	
7:00a						
8:00a	8:00 - 8:45a KIDS CLUB					
9:00a	9:00 - 9:45a Y FIT			9:00 - 9:45a Y FIT		
10:00a	KIDS CLUB 1/2 GYM 10:00 11:15 (NO SCHOOL DAYS)					
11:00a	11:15 - 11:45 CHILDCARE/YOUTH CLASS					
NOON						
1:00p						
2:00p						
3:00p	3:15 - 4:45 GYMNASTICS (WEDNESDAY ONLY) 4:00 - 5:30p YOUTH CLASS					
4:00p						
5:00p	5:30 - 6:15p Y FIT		5:30 - 6:15p Y FIT			
6:00p						
7:00p			7:00 - 9:00p VOLLEYBALL LEAGUE			
8:00p					SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.	

MIDDLE GYM SCHEDULE MARCH 15 - MAY 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	5:45 - 6:30a TOTAL BODY CONDITIONING				5:45 - 6:30a TOTAL BODY CONDITIONING	
6:00a						
7:00a						
8:00a						
9:00a		9:00 - 10:00a YOGA		9:00 - 10:00a YOGA		
10:00a	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO	10:00 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO		
11:00a						
NOON	12:00 - 3:00 OPEN PICKLEBALL					
1:00p						
2:00p						
3:00p						
4:00p	4:00 - 5:30p KIDS CLUB Full Gym 1/2 on Wednesday (inclement weather)					
5:00p						
6:00p	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p ZUMBA	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p ZUMBA		
7:00p			7:00 - 9:00p VOLLEYBALL LEAGUE 1/2 GYM OPEN			
8:00p						
9:00p					SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.	