



GYM SCHEDULE

January 14 – February 3, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

5:00 A.M. – 8:00 A.M.	Open Gym
8:00 A.M. – 8:45 A.M.	Fitness Class Setup
8:45 A.M. – 9:30 A.M.	SilverSneakers
9:30 A.M. – 10:00 A.M.	Fitness Class Cleanup
10:00 A.M. – 12:00 P.M.	Pickleball
12:00 P.M. – 3:15 P.M.	Open Gym
3:15 P.M. – 3:45 P.M.	Kid's Club (1/2 Open Gym)
3:45 P.M. – 5:15 P.M.	Kid's Club & Cheerleading
5:15 P.M. – 5:30 P.M.	Fitness Class Setup
5:30 P.M. – 6:15 P.M.	Tabata
6:15 P.M. – 6:30 P.M.	Fitness Class Cleanup
6:30 P.M. – 8:00 P.M.	Open Gym

Monday, January 15th: The gym will be closed from 11:00 a.m. – 12:00 p.m. for the Adventures Program.

Tuesday

5:00 A.M. – 8:00 A.M.	Open Gym
8:00 A.M. – 10:45 A.M.	Pickleball
10:45 A.M. – 12:00 P.M.	Open Gym
12:00 P.M. – 1:00 P.M.	Soccer (Pickup Game)
1:00 P.M. – 3:15 P.M.	Open Gym
3:15 P.M. – 3:45 P.M.	Kid's Club (1/2 Open Gym)
3:45 P.M. – 5:15 P.M.	Strength & Conditioning
5:15 P.M. – 5:30 P.M.	Fitness Class Setup
5:30 P.M. – 6:15 P.M.	Re-boot!
6:15 P.M. – 6:30 P.M.	Fitness Class Cleanup
6:30 P.M. – 8:00 P.M.	Open Gym

Wednesday

5:00 A.M. – 6:00 A.M.	Open Gym
6:00 A.M. – 7:00 A.M.	Basketball (Pickup Game)
7:00 A.M. – 8:00 A.M.	Open Gym
8:00 A.M. – 8:45 A.M.	Fitness Class Setup
8:45 A.M. – 9:30 A.M.	SilverSneakers
9:30 A.M. – 9:45 A.M.	Fitness Class Cleanup
9:45 A.M. – 10:30 A.M.	Preschool
10:30 A.M. – 12:30 P.M.	Pickleball
12:30 P.M. – 3:15 P.M.	Open Gym
3:15 P.M. – 3:45 P.M.	Kid's Club (1/2 Open Gym)
3:45 P.M. – 5:30 P.M.	Kid's Club & Cheerleading
5:30 P.M. – 8:00 P.M.	Traveling Basketball Practice

Thursday

5:00 A.M. – 8:00 A.M.	Open Gym
8:00 A.M. – 10:45 A.M.	Pickleball
10:45 A.M. – 12:00 P.M.	Open Gym
12:00 P.M. – 1:00 P.M.	Soccer (Pickup Game)
1:00 P.M. – 3:15 P.M.	Open Gym
3:15 P.M. – 5:15 P.M.	Kid's Club (1/2 Open Gym)
5:15 P.M. – 5:30 P.M.	Fitness Class Setup
5:30 P.M. – 6:15 P.M.	Tabata
6:15 P.M. – 6:30 P.M.	Fitness Class Cleanup
6:30 P.M. – 8:00 P.M.	Traveling Basketball Practice

Friday

5:00 A.M. – 6:00 A.M.	Open Gym
6:00 A.M. – 7:00 A.M.	Basketball (Pickup Game)
7:00 A.M. – 8:00 A.M.	Open Gym
8:00 A.M. – 8:45 A.M.	Fitness Class Setup
8:45 A.M. – 9:30 A.M.	SilverSneakers
9:30 A.M. – 10:00 A.M.	Fitness Class Cleanup
10:00 A.M. – 12:00 P.M.	Pickleball
12:00 P.M. – 1:15 P.M.	Open Gym
1:15 P.M. – 2:00 P.M.	Kid's Club (1/2 Open Gym)
2:00 P.M. – 3:15 P.M.	Strength & Conditioning
3:15 P.M. – 4:00 P.M.	Open Gym
4:00 P.M. – 7:00 P.M.	Traveling Basketball Practice
7:00 P.M. – 8:00 P.M.	Open Gym

Saturday

7:00 A.M. – 8:30 A.M.	Open Gym
8:30 A.M. – 10:15 A.M.	Indoor Soccer
10:15 A.M. – 3:00 P.M.	Open Gym

Sunday

8:00 A.M. – 1:45 P.M.	Open Gym
1:45 P.M. – 2:45 P.M.	Special Olympics