

MAIN GYM 1 – OPEN GYM, BASKETBALL

MAY 1ST – MAY 31ST 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 12:15pm	Fusion 5:15am – 6:00am	Open Gym for All 5:00am – 7:30am	Fusion & Stretch 5:15am – 6:30am	Open Gym for All 5:00am – 7:30am	Fusion 5:15am – 6:00am	Open Gym for All 7:00am – 5:00pm
	Open Gym for All 6:15am – 7:30am		Open Gym for All 6:45am – 7:30am		Open Gym for All 6:15am – 7:30am	
	Low Impact Circuit 8:15am – 9:00am	SilverSneakers® Circuit 8:15am – 9:00am	Low Impact Circuit 8:15am – 9:00am	SilverSneakers® Circuit 8:15am – 9:00am	Low Impact Circuit 8:15am – 9:00am	
	SilverSneakers® Classic 9:30am – 10:15am	SilverSneakers® Classic 9:30am – 10:15am	Strength & Conditioning 9:30am – 10:15am	SilverSneakers® Classic 9:30am – 10:15am	SilverSneakers® Classic 9:30am – 10:15am	
	Zumba® 10:30am – 11:15am	Open Gym for All 10:30am – 12:45pm	Zumba® 10:30am – 11:15am	Open Gym for All 10:30am – 12:45pm	Cardio Dance 10:30am – 11:15am	
	Zumba® Gold 11:30am – 12:15pm		Zumba® Gold 11:30am – 12:15pm		Zumba® Gold 11:30am – 12:15pm	
Zumba® 12:30pm – 1:15pm	Open Gym for All 12:30pm – 4:30pm	SilverSneakers® Classic 1:00pm – 1:45pm	Open Gym for All 12:30pm – 10:00pm	SilverSneakers® Classic 1:00pm – 1:45pm	Open Gym for All 12:30pm – 10:00pm	
Open Gym for All 1:30pm – 5:00pm		Open Gym for All 2:00pm – 4:30pm		Open Gym for All 2:00pm – 4:30pm		
		Pickup Basketball 4:30pm – 10:00pm		Pickup Basketball 4:30pm – 10:00pm		Pickup Basketball 4:30pm – 10:00pm

MAIN GYM 2 – OPEN GYM, PICKLEBALL, YOUTH SPORTS

MAY 1ST – MAY 31ST 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 5:00pm	Fusion 5:15am – 6:00am	Open Gym for All 5:00am – 11:30am	Fusion & Stretch 5:15am – 6:30am	Open Gym for All 5:00am – 10:00pm	Fusion 5:15am – 6:00am	Pickleball All Levels 7:00am – 12:00pm
	Open Gym for All 6:15am – 10:30am		Open Gym for All 6:45am – 10:30am		Open Gym for All 6:15am – 10:30am	
	Zumba® 10:30am – 11:15am		Zumba® 10:30am – 11:15am		Cardio Dance 10:30am – 11:15am	
	Open Gym for All 11:30am – 2:00pm	Homeschool Gym 11:45am – 2:00pm	Open Gym for All 11:30am – 2:00pm		Open Gym for All 11:30am – 2:00pm	Open Gym for All 12:00pm – 5:00pm
	Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm	Open Gym for All 2:00pm – 10:00pm	Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm		Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm	
Open Gym for All 4:00pm – 10:00pm	Pee Wee Champs 5:15pm – 5:45pm		Open Gym for All 4:00pm – 10:00pm	Open Gym for All 4:00pm – 10:00pm		
	Pee Wee Tumblers 6:00pm – 6:30pm					
	Youth Basketball 6-9yrs 6:45 – 7:30pm					
	Open Gym for All 7:45pm – 10:00pm					

AUXILIARY GYM - GROUP EX, OPEN GYM, PICKLEBALL

MAY 1ST - MAY 31ST 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am - 9:00am	Open Gym for All 5:00am - 6:00am	Cycle & Circuit 5:15am - 6:00am	Open Gym for All 5:00am - 6:00am	Open Gym for All 5:00am - 9:00am	Open Gym for All 5:00am - 6:00am	Open Gym for All 7:00am - 8:00am
	Advanced Pickleball 6:00am - 9:00am	Open Gym for All 6:15am - 9:00am	Pickleball All Levels 6:00am - 9:00am		Advanced Pickleball 6:00am - 9:00am	HIIT 8:15am - 9:00am
Pickleball Recreational 9:00am - 10:00am	Strength & Conditioning 9:30am - 10:15am	Interval Training 9:30am - 10:15am	Open Gym for All 9:00am - 11:15am	Interval Training 9:30am - 10:15am	Strength & Conditioning 9:30am - 10:15am	Cycling 9:30am - 10:30am
Pickleball All Levels 10:00am - 2:00pm	Low Impact Cycling 10:30am - 11:15am	Yoga 10:30am - 11:30am	Low Impact S&C 11:30am - 12:15pm	Yoga 10:30am - 11:30am	Cycling 10:30am - 11:15am Open Gym for All 10:30-11:15am (half)	Open Gym for All 10:45am - 5:00pm
	Open Gym for All 10:30-11:15am (half) 11:15am - 2:00pm	Zumba® 12:00pm - 12:45pm	Open Gym for All 12:30pm - 2:00pm	Zumba® 12:00pm - 12:45pm	Low Impact S&C 11:30am - 12:15pm	
	Pickleball All Levels 2:00pm - 4:00pm	Open Gym for All 1:00pm - 4:00pm	Pickleball All Levels 2:00pm - 4:00pm	Open Gym for All 1:00pm - 4:00pm	Pickleball All Levels 2:00pm - 4:00pm	
Open Gym for All 2:00pm - 5:00pm	HIIT 5:15pm - 6:00pm	Cycling 4:30pm - 5:15pm	Cycle & Circuit 4:30pm - 5:30pm	Cycling 4:30pm - 5:30pm	Open Gym for All 4:00pm - 6:00pm	
		Balanced Boxing 5:30pm - 6:30pm	HIIT 5:45pm - 6:30pm	HIIT 5:45pm - 6:30pm		
	Cycling 6:15pm - 7:00pm	Boxing Fitness 6:30pm - 7:30pm	Pickleball All Levels 6:45pm - 9:45pm	Small Group Basketball Instructional 6:45 - 7:15pm 7:20 - 7:50pm	Teen Pick-Up Basketball 6:00pm - 10:00pm	
	BODYPUMP™ 7:15pm - 8:15pm	Open Gym for All 7:30pm - 10:00pm		Open Gym for All 8:00pm - 10:00pm		
	Open Gym for All 8:30pm - 10:00pm					