

# MAIN GYM 1 – OPEN GYM, BASKETBALL

## JUNE 1<sup>ST</sup> – JUNE 30<sup>TH</sup> 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Gym for All</b> 7:00am – 12:15pm	Fusion 5:15am – 6:00am	<b>Open Gym for All</b> 5:00am – 7:30am	Fusion & Stretch 5:15am – 6:30am	<b>Open Gym for All</b> 5:00am – 7:30am	Fusion 5:15am – 6:00am	<b>Open Gym for All</b> 7:00am – 5:00pm
	<b>Open Gym for All</b> 6:15am – 7:30am		<b>Open Gym for All</b> 6:45am – 7:30am		<b>Open Gym for All</b> 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	<b>Open Gym for All</b> 10:30am – 12:45pm	Zumba® 10:30am – 11:15am	<b>Open Gym for All</b> 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	<b>Open Gym for All</b> 12:30pm – 4:30pm	SilverSneakers® Classic 1:00pm – 1:45pm	<b>Open Gym for All</b> 12:30pm – 10:00pm	SilverSneakers® Classic 1:00pm – 1:45pm	<b>Open Gym for All</b> 12:30pm – 10:00pm	
<b>Open Gym for All</b> 1:30pm – 5:00pm		<b>Open Gym for All</b> 2:00pm – 4:30pm		<b>Open Gym for All</b> 2:00pm – 4:30pm		
		<b>Pickup Basketball</b> 4:30pm – 10:00pm		<b>Pickup Basketball</b> 4:30pm – 10:00pm		<b>Pickup Basketball</b> 4:30pm – 10:00pm

# MAIN GYM 2 – OPEN GYM, PICKLEBALL, YOUTH SPORTS

## JUNE 1<sup>ST</sup> – JUNE 30<sup>TH</sup> 2023



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

# AUXILIARY GYM - GROUP EX, OPEN GYM, PICKLEBALL

## JUNE 1<sup>ST</sup> - JUNE 30<sup>TH</sup> 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Gym for All</b> 7:00am - 9:00am	<b>Open Gym for All</b> 5:00am - 6:00am	Cycle & Circuit 5:15am - 6:00am	<b>Open Gym for All</b> 5:00am - 6:00am	<b>Open Gym for All</b> 5:00am - 9:00am	<b>Open Gym for All</b> 5:00am - 6:00am	<b>Open Gym for All</b> 7:00am - 8:00am
	<b>Advanced Pickleball</b> 6:00am - 9:00am	<b>Open Gym for All</b> 6:15am - 9:00am	<b>Pickleball All Levels</b> 6:00am - 9:00am		<b>Advanced Pickleball</b> 6:00am - 9:00am	HIIT 8:15am - 9:00am
<b>Pickleball Recreational</b> 9:00am - 10:00am	Strength & Conditioning 9:30am - 10:15am	Interval Training 9:30am - 10:15am	<b>Open Gym for All</b> 9:00am - 2:00pm  <b>*enCourage, Benefit for Both</b> <b>6/7 only from 11:00am-2:00pm</b>	Interval Training 9:30am - 10:15am	Strength & Conditioning 9:30am - 10:15am	Cycling 9:30am - 10:30am
<b>Pickleball All Levels</b> 10:00am - 2:00pm	Low Impact Cycling 10:30am - 11:15am	Yoga 10:30am - 11:30am		Yoga 10:30am - 11:30am	Cycling 10:30am - 11:15am <b>Open Gym for All</b> 10:30-11:15am (half)	<b>Open Gym for All</b> 11:15am - 2:00pm
	<b>Open Gym for All</b> 10:30-11:15am (half) 11:15am - 2:00pm	Zumba® 12:00pm - 12:45pm	Zumba® 12:00pm - 12:45pm	<b>Open Gym for All</b> 11:15am - 2:00pm		
	<b>Pickleball All Levels</b> 2:00pm - 4:00pm	<b>Open Gym for All</b> 1:00pm - 4:00pm	<b>Pickleball All Levels</b> 2:00pm - 4:00pm	<b>Open Gym for All</b> 1:00pm - 4:00pm	<b>Pickleball All Levels</b> 2:00pm - 4:00pm	
<b>Open Gym for All</b> 2:00pm - 5:00pm	Strength & Conditioning 5:15pm - 6:00pm	Cycling 4:30pm - 5:15pm	Cycle & Circuit 4:30pm - 5:30pm	Cycling 4:30pm - 5:30pm	<b>Open Gym for All</b> 4:00pm - 6:00pm	
		Balanced Boxing 5:30pm - 6:30pm	Strength & Conditioning 5:45pm - 6:30pm			
	Cycling 6:15pm - 7:00pm	Boxing Fitness 6:30pm - 7:30pm	<b>Pickleball All Levels</b> 6:45pm - 9:45pm	<b>Pickleball Family/All Levels</b> 6:00pm - 8:00pm	<b>Teen Pick-Up Basketball</b> 6:00pm - 10:00pm	
	BODYPUMP™ 7:15pm - 8:15pm	<b>Open Gym for All</b> 7:30pm - 10:00pm		<b>Pickleball All Levels</b> 8:00-9:45pm		
	<b>Open Gym for All</b> 8:30pm - 10:00pm					