

MAIN GYM 1-OPEN GYM, SPORTS, BASKETBALL, PICKLEBALL

AUGUST 1st – AUGUST 31st 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-12:15pm	Fusion 5:15am – 6:00am Karen	Open Gym for All 5:00am-7:15am	Fusion 5:15am – 6:00am Karen	Open Gym for All 5:00am-7:15am	Fusion 5:15am – 6:00am Karen (No class 8/2 & 8/23)	Open Gym for All 7:00am-8:00pm
	Open Gym for All 6:15am-7:15am		Open Gym for All 6:15am-7:15am		Open Gym for All 6:15am-7:15am	
	Low Impact Circuit 8:15am – 9:00am Kathy	SilverSneakers® Circuit 8:15am – 9:00am Marla	Low Impact Circuit 8:15am – 9:00am Kathy	SilverSneakers® Circuit 8:15am – 9:00am Marla	Low Impact Circuit 8:15am – 9:00am Kathy	
	SilverSneakers® Classic 9:30am - 10:15am Brandon	SilverSneakers® Classic 9:30am – 10:15am Marla	Open Gym for All 9:15am-10:15am	SilverSneakers® Classic 9:30am – 10:15am Marla	SilverSneakers® Classic 9:30am – 10:15am Brandon	
	Zumba® 10:30am – 11:15am Sara	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Sara	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Brandon	
	Zumba Gold® 11:30am – 12:15pm Sara	SilverSneakers® Classic 1:00pm – 1:45pm Emily-Rose	Zumba Gold® 11:30am – 12:15pm Sara	SilverSneakers® Classic 1:00pm – 1:45pm Emily-Rose	Zumba Gold® 11:30am – 12:15pm Brandon	
Zumba® 12:30pm – 1:30pm Sara B.	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-8:30pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-8:30pm	Open Gym for All 12:30pm-1:00pm	
	Summer Camp 1:00pm-2:00pm		Summer Camp 1:00pm-2:00pm		Summer Camp 1:00pm-2:00pm	
Open Gym for All 1:45pm-6:00pm	Open Gym for All 2:00pm-8:30pm	Pickup Basketball 8:30pm-10:00pm	Open Gym for All 2:00pm-10:00pm	Pickup Basketball 8:30pm-10:00pm	Open Gym for All 2:00pm-10:00pm	
	Pickup Basketball 8:30pm-10:00pm					

*Please be aware that the encourage Benefit for Both program will be in MG1 from 11:30am-2:00pm on the 1st and 3rd Wednesday of the month.
 *Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.

AUXILIARY GYM- OPEN GYM, SPORTS, PICKLEBALL, BASKETBALL

AUGUST 1st – AUGUST 31st 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-8:45am	Open Gym for All 5:00am-5:45am	Cycle & Circuit 5:15am – 6:00am Karen	Open Gym for All 5:00am-5:45am	Open Gym for All 5:00am-9:00am	Open Gym for All 5:00am-5:45am	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	Interval Training 9:30am – 10:15am Kathy	Advanced Pickleball 6:00am-9:00am	HIIT 8:15am – 9:00am Sara V.
BODYPUMP™ Express 9:15am-10:00am	Strength & Conditioning 9:30am – 10:15am Jilyana	Interval Training 9:30am – 10:15am Kathy	Strength & Conditioning 9:30am – 10:15am Kathy	Yoga 10:30am – 11:30am Sue	Strength & Conditioning 9:30am – 10:15am Jilyana	Cycling 9:30am – 10:30am Sara V.
Pickleball All Levels 10:15am-3:00pm	Low Impact Cycling 10:30am – 11:15am Sue	Yoga 10:30am – 11:30am Sue	Open Gym for All 10:30am-1:45pm	Open Gym for All 11:45am-1:00pm		Special Olympics Young Athletes 11:00am-11:45am
Open Gym for All 3:15pm-6:00pm	Open Gym for All 10:30am-11:15am (half)	Zumba® 12:00pm – 12:45pm Melissa T.	Pickleball all Levels 2:00pm-4:00pm	Summer Camp 1:00-2:00pm	Open Gym for All 10:30am-11:15am (half)	
	Open Gym for All 11:15am-1:45pm				Open Gym for All 11:15am-1:45pm	
	Pickleball All Levels 2:00pm-4:45pm	Summer Camp 1:00-2:00pm		Open Gym for All 2:00pm-4:00pm	Pickleball All Levels 2:00pm-4:00pm	
	HIIT 5:15pm – 6:00pm Renaë	Open Gym for All 2:00pm-4:00pm	Cycle & Circuit 4:30pm – 5:30pm Sara V.	Cycling 4:30pm – 5:30pm Sara V.		Open Gym for All 12:00pm-8:00pm
	Cycling 6:15pm – 7:00pm Abby	Cycling 4:30pm – 5:15pm Sara V.		HIIT 5:45pm – 6:30pm Renaë	Pickleball 1 Court Recreational 1 Court -All Levels 4:00pm-6:00pm	
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V.	Balanced Boxing 5:30pm – 6:30pm Boxing Fitness 6:30pm – 7:30pm *8/20 ONLY			Teen Pickup Basketball 6:15pm-10:00pm	
	Open Gym for All 8:30pm-10:00pm	Pickleball All Levels 7:45pm-9:45pm	Pickleball All Levels 6:45pm-9:45pm	Open Gym for All 6:45pm-10:00pm		

MAIN GYM 2- OPEN GYM, SPORTS, PICKLEBALL, BASKETBALL AUGUST 1st – AUGUST 31st 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-7:45am	Fusion 5:15am – 6:00am	Open Gym for All 5:00am-10:00pm	Fusion 5:15am – 6:00am	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-10:15am		Open Gym for All 6:15am-10:15am		Open Gym for All 6:15am-10:15am	
Pickleball Recreational 8:00am-10:00am	Zumba 10:30am-11:15am		Zumba 10:30am-11:15am		Zumba 10:30am-11:15am	
Pickleball All Levels 10:00am-12:15pm	Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm	
Open Gym for All 12:30pm-6:00pm	Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm	
	Open Gym for All 4:15pm-10:00pm		Open Gym for All 4:15pm-10:00pm		Open Gym for All 4:15pm-10:00pm	