

GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OPEN GYM 5:30am-7:00am		OPEN GYM 5:30am-7:00am		OPEN GYM 5:30am-7:00am	YMCA Opens at 6:30am		
ADULT VOLLEYBALL 7:00am-8:00am	OPEN GYM 5:30am-10:30am	ADULT VOLLEYBALL 7:00am-8:00am	OPEN GYM 5:30am-9:00am	ADULT VOLLEYBALL 7:00am-8:00am			YMCA Opens at 8:00am
SilverSneakers® 8:00am-9:00am		CardioCircuit® 8:00am-9:00am		SilverSneakers® 8:00am-9:00am			OPEN GYM 8:00am-9:45am
closed 9:00-9:15		closed 9:00-9:15		closed 9:00-9:15		closed 9:00-9:15	closed 9:00-9:15
Group Fitness Hi/Lo Aerobics 9:15am-10:15am	Group Fitness Zumba 9:15am-10:15am	Wacky Wednesday 9:15am-10:15am	Group Fitness Step & Tone 9:15am-10:15am	Group Fitness Drums Alive® 9:15am-10:15am		closed 9:45-10:00	
OPEN GYM 10:15am-4:30pm	OPEN GYM 10:15am-4:00pm	OPEN GYM 10:15am-4:30pm	OPEN GYM 10:15am-4:15pm	OPEN GYM 10:15am-9:00pm	OPEN GYM 9:00am-5:00pm	ZUMBA 10:00am-11:00am	
	Pee Wee Soccer If raining 4:00pm-4:45pm					OPEN 11:00am-1:00pm	
	OPEN GYM 4:45pm-5:15pm					close at 1:00pm	
	Youth Co Ed Basketball 4:30pm-5:20pm						
	Pre Teen Basketball 5:30pm-6:20pm						
	closed 6:20-6:30						
Group Fitness Aero/Tone 6:30pm-7:30pm	Youth TKD 6:45pm-7:30pm Fit Kids 6:00-7:00	Teen Basketball 4:30pm-5:20pm	Youth Soccer If raining 4:15pm-5:00pm				
OPEN GYM 7:30pm-9:00pm	Teen/Adult TKD 7:30pm-8:30pm	closed 5:30-5:45	Group Exercise Boot Camp 5:30 6:30pm		close at 5:00		
		Group Exercise Zumba 5:45-6:45	closed 5:00-5:15		* 15 Minute Closed time on schedule reflects prep time for instructors.		
		OPEN GYM 6:45pm-9:00pm	closed 6:30-6:45				
			Youth TKD 6:45pm-7:30pm Fit Kids 6:00-7:00				
			Teen/Adult TKD 7:30pm-8:30pm				
<p>WELLNESS CENTER (NAUTILUS) SCHEDULE MONDAY 5:30am-9:00pm TUESDAY 5:30am-9:00pm WEDNESDAY 5:30am-9:00pm THURSDAY 5:30am-9:00pm FRIDAY 5:30am-9:00pm SATURDAY 6:30am-5:00pm SUNDAY 8:00am-1:00pm **Must be 13 years of age or older**</p>							