

GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30am-7:30am	OPEN GYM 5:30am-8:00am	OPEN GYM 5:30am-7:30am	OPEN GYM 5:30am-8:00am	OPEN GYM 5:30am-7:30am	YMCA Opens at 6:30am	YMCA Opens at 8:00am
Volleyball 7:30-8:30		Volleyball 7:30-8:30		Volleyball 7:30-8:30	OPEN GYM 6:30am-8:00am	
Silver Sneakers 8:00am-9:00am	Senior Cardio Circuit 8:00am-9:00am	Silver Sneakers 8:00am-9:00am	Senior Cardio Circuit 8:00am-9:00am	Silver Sneakers 8:00am-9:00am	Step/Interval 8:00am-9:00am	OPEN GYM 8:00am-10:00am
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	OPEN GYM 9:00am-10:00am	
Hi/Lo Aerobics 9:15am-10:15am	Zumba 9:15am-10:15am	Wacky Wednesday 9:15am-10:15am	Step and Tone 9:15am-10:15am	Cardio/Sculpt 9:15am-10:15am	OPEN GYM 10:00am-11:00am	Zumba 10:00am 11:00am
closed 10:15-10:30	closed 10:15-10:30	closed 10:15-10:30	OPEN GYM 10:30-3:00	OPEN GYM 10:15-1:45		
1,2&You/Squeaky Sneakers 10:30-11:15	Kindernastics 10:30-11:15	Kindernastics 10:30-11:15			OPEN GYM 11:15am-1:00pm	closed 1:45-2:00
OPEN GYM 11:15am-4:15pm	Hudson Montessori 1:00-2:30 Oct. 7-Nov. 18	OPEN GYM 11:15am-3:30pm	OPEN GYM 10:30-3:00	OPEN GYM 11:00am-4:00pm		
	Open Gym 2:30pm-5:00pm				closed 3:30-4:00	OPEN GYM 2:00pm-4:30 pm
closed 4:15-4:30	closed 5:00-5:15	Pee Wee Soccer 4:00pm-4:45pm	OPEN GYM 3:00pm-5:00pm	CLOSE 4:00 PM		
Between Yoga 4:30pm-5:15pm		Youth Soccer / Tumbling 4:45-5:30			closed 5:00-5:15	
OPEN GYM 5:15-6:15	Cardio Sculpt 5:15pm-6:15pm	closed 5:30-5:45	Yogilates 5:15pm-6:15pm	Youth Basketball 4:30- 5:20	* 15 Minute Closed time on schedule reflects prep time for instructors.	
closed 6:15-6:30	closed 6:15-6:30	Cardio, Core & More 5:45pm-6:45pm	closed 6:15-6:30	Pre Teen Basketball 5:30-6:20		
Aero/Tone 6:30-7:30pm	Youth TKD 6:30pm-7:30pm	closed 6:45-7:00	Youth TKD 6:30pm-7:30pm	Teen Basketball 6:30-7:20		
OPEN GYM 7:30-9:00pm	Adult TKD 7:30pm-8:30pm	Basketball League starts 9/24 7:00-9:00	Adult TKD 7:30pm-8:30pm	OPEN GYM 7:30-9:00		
	OPEN GYM 8:30pm-9:00pm		OPEN GYM 8:30pm-9:00pm			

**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-4:00pm
****Must be 14 years of age or older****