

GYMNASIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
OPEN GYM 5:30am-7:30am	OPEN GYM 5:30am-9:00am	OPEN GYM 5:30am-7:30am	OPEN GYM 5:30am-9:00am	OPEN GYM 5:30am-6:15am	YMCA Opens at 6:30am	YMCA Opens at 8:00am					
Volleyball 7:30am-8:00am		Volleyball 7:30am-8:00am		GROUP EXERCISE CXWORX® 6:15am-6:45am 1/2 gym			GROUP EXERCISE BODY PUMP® 6:45am-7:45am closed 7:45-8:00				
SilverSneakers® Muscular Strength 8:00am-9:00am		SilverSneakers® CardioCircuit 8:00am-9:00am		SilverSneakers® Muscular Strength 8:00am-9:00am	Group Exercise Boot Camp 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	Kindernastics 9:15am-10:00am			
GROUP EXERCISE Hi/Lo Fusion 9:15am-10:15am	GROUP EXERCISE ZUMBA® 9:15am-10:15am	GROUP EXERCISE BODY PUMP® 9:15am-10:15am	GROUP EXERCISE Boot Camp 9:15am-9:45am	GROUP EXERCISE Kickboxing 9:15am-10:15am	closed 9:45-10:00	Group Exercise ZUMBA® 10:00am-11:00am					
1,2,3 GO! 10:30am-11:15am	St.Peter's 10:15am-2:00pm	OPEN GYM 10:15am-4:30pm	GROUP EXERCISE CXWORX® 9:45am-10:15am	St Peter's 10:15am-2:00pm			Kids Safe 10:00am-1:30pm Jan. 14-April 7	OPEN GYM 11:00am-1:00pm			
OPEN GYM 11:15am-5:45pm Escape 3:45pm-5:00pm			Open 2:30-4:00		OPEN GYM 10:15am-5:51pm	OPEN GYM 2:00pm-4:30pm Escape to the Arts 3:00pm-4:30pm			OPEN GYM 1:30pm-5:00pm	CLOSE 5:00 PM	
			Kicks 4 Kids 4:00pm-4:45pm	Zumbatomic® 4:30pm-5:15pm							Youth Basketball 4:30pm-5:20pm
			Youth Soccer 4:45pm-5:30pm			OPEN 5:15pm-5:45pm					
			GROUP EXERCISE ZUMBA® 5:45pm-6:45pm	GROUP EXERCISE BODY PUMP® 5:45pm-6:45pm		closed 5:15-5:30					Teen Basketball 6:30pm-7:20pm
			YOUTH TKD 6:45pm-7:30pm	closed 6:45-7:00		GROUP EXERCISE Boot Camp 5:30pm-6:30pm closed 6:30-6:45					
	closed 5:45-6:00	Teen TKD 7:30pm-8:30pm/ 1/2 OPEN GYM	YOUTH TKD 6:45pm-7:30pm	OPEN GYM 7:30pm-9:00pm							
GROUP EXERCISE BODY PUMP® 6:00pm-7:00pm	Teen TKD 7:30pm-8:30pm 1/2 OPEN GYM										
OPEN GYM 7:00pm-9:00pm	OPEN GYM 8:30pm-9:00pm	OPEN GYM 7:00pm-9:00pm	OPEN GYM 8:30pm-9:00pm	<p>WELLNESS CENTER HOURS 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>							