

FALL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 - 6:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:00 – 7:00 am Rise & Shine w/ Arlene	6:00 – 7:00 am Rise & Shine w/ Sheila	6:00 – 7:00 am Rise & Shine w/ Arlene	6:00 – 7:00 am Rise & Shine w/ Sheila	6:00 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 9:30 am OPEN GYM	7:00 – 9:30 am OPEN GYM	7:00 – 9:30 am OPEN GYM	7:00 – 8:15 am OPEN GYM	7:00 - 9:30 am OPEN GYM	
	8:30 - 9:30 am Yoga w/ Carol Cycling Studio		8:30 – 9:30 am Yoga w/ Sheila Cycling Studio	8:15 – 9:15 am Zumba w/ Sue	8:00 – 9:00 am Pilates w/ Paula Cycling Studio	8 – 9:15 am Cardio Fusion w/Donna or Arlene
	9:30 - 10:30 am Turbo Kick w/ Caitlin	9:30 – 10:30 am Zumba w/ Sue	9:30 – 10:30 am Step & Sculpt w/ Sheila	9:30 – 10:00 Mommy & Me Gymnastics	9:30 – 10:15 am Silver Sneakers II	9:30 – 10:15 am Tumbling Class *NEW*
				10:00 -10:30 am Tiny Tumblers Gymnastics		10:30 - 11:30 am Yoga w/Leigh Cycling Studio
	10:30 – 11:00 am 4 yr old Preschool	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers II	10:30 – 11:00 am 3 year Old Preschool Gymnastics	10:30 – 11:00 am 4 yr old Preschool Gymnastics	
	11:00 - Noon OPEN GYM	11:00 - Noon Silver Sneakers I		11:00 – Noon Silver Sneakers 1	11:00am – Noon Toddlerobics	
	12:00 – 1:30 pm Member Basketball	12:00 - 2:30 pm OPEN GYM	12:00 – 1:30 pm Member Basketball	12:00 – 2:30 pm OPEN GYM	12:00 – 1:30 pm Member Basketball	12:30 - 4:45 pm OPEN GYM
	1:30 - 2:30 pm OPEN GYM		1:30 – 2:30 pm OPEN GYM		1:30 – 2:30 pm OPEN GYM	
	2:30 - 5:30 pm After School Care	2:30 - 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	5:30 – 6:30 pm Step & More w/ Donna	5:30 – 6:30 pm X-Fit w/ Tif	5:30 – 6:30 pm Step & More w/ Donna	5:30 - 6:30 pm Gymnastics	5:30 – 6:30 pm Healthy Hour Fitness Class *Beginning in October	
	6:45 – 7:45 pm Power Pump w/ Ellen	6:30 - 7:30 pm Gymnastics	6:45 – 7:45 pm Power Pump w/ Ellen	5:30 - 6:30 pm Pilates w/ Ellen Cycling Studio		
	8:00 - 9:15 pm Open Gym	7:45 – 9:15 pm MEMBERS ONLY OPEN GYM	8:00 – 9:15 pm ADULTS ONLY OPEN GYM	8:00 – 8:45 pm X-Fit w/ Tif	6:45 – 9:15 pm OPEN GYM	

GROUP EXERCISE SCHEDULE

Monday

6:00 am - 7:00 am - Rise & Shine w/ Arlene
 8:30 am - 9:30 am - Yoga w/ Carol
 9:30 am - 10:30 am - Turbo Kick w/ Caitlin
 5:30 pm - 6:30 pm - Step & More w/ Donna
 6:45 pm - 7:45 pm - Power Pump w/ Ellen
 8:00 pm - 9:00 pm - Zumba w/ Michelle

Tuesday

6:00 am - 7:00 am - Rise & Shine w/ Sheila
 9:30 am - 10:30 am - Zumba w/ Sue
 5:30 pm - 6:30 pm X-Fit w/ Tiffany

Wednesday

6:00 am - 7:00 am - Rise & Shine w/ Arlene
 8:30 am - 9:15 am - Yoga w/ Sheila
 9:30 am - 10:30 am - Step & Sculpt w/ Sheila
 5:30 pm - 6:30 pm - Step & More w/ Donna
 6:45 pm - 7:45 pm - Power Pump w/ Ellen

GROUP EXERCISE SCHEDULE

Thursday

6:00 am - 7:00 am - Rise & Shine w/ Sheila
 8:15 am - 9:15 am - Zumba w/ Sue
 5:30 pm - 6:30 pm - Pilates w/ Ellen
 8:00 pm - 8:45 pm - X-Fit w/ Tif

Friday

6:00 am - 7:00 am - Rise & Shine w/ Arlene
 8:00 am - 9:00 am - Pilates w/ Paula
5:30 pm - 6:30 pm - Healthy Hour *Beginning in Oct.*

Saturday

8:00 am - 9:15 am - Cardio Fusion w/ Donna
 10:30 am - 11:30 am - Yoga w/ Leigh