



**Gym Schedule 5/13/24 - 5/19/24**

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 9:45 AM Open Gym	6:00 - 6:45 AM Open Gym	6:00 - 9:45 AM Open Gym	6:00 - 6:45 AM Open Gym	6:00 - 9:45 AM Open Gym	7:00 - 8:45 AM Open Gym	8:00 - 8:45 AM Open Gym
	7:00 - 7:45 AM Boot Camp		7:00 - 7:45 AM Boot Camp			
	8:00 - 10:45 AM Open Gym		8:00 - 10:00 AM Open Gym			
10:00 - 10:45 AM Zumba Gold	11:00 AM - 12:00 PM Pickleball Lessons	10:00 - 10:45 AM Silver Sneakers	10:00 - 10:45 AM Zumba Gold	10:00 - 10:45 AM Zumba Gold	9:00 AM - 12:45 PM Basketball Lessons	9:00 AM - 12:45 PM Basketball Lessons
11:00 - 11:45 AM Open Gym		11:00 - 11:45 AM Zumba Toning	11:00 AM - 12:00 PM Pickleball Lessons	11:00 - 11:45 AM Chair Stretch		
12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	1:00 - 4:00 PM Open Gym	1:00 - 4:00 PM Open Gym
2:00 - 3:00 PM Walk with Ease	2:00 - 3:15 PM Open Gym	2:00 - 3:00 PM Walk with Ease	2:00 - 3:15 PM Open Gym	2:00 - 3:00 PM Walk with Ease		
3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool	3:15 - 4:15 PM Afterschool		
4:15 - 5:00 PM Teen Bootcamp	4:15 - 9:00 PM Open Gym	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:30 PM Open Gym	4:15 - 5:00 PM Teen Obstacle Course	4:00 - 6:00 PM Open Court Pickleball	4:00 - 6:00 PM Open Court Pickleball
5:00 - 9:00 PM Open Gym		5:00 - 5:45 PM Open Gym	5:45 - 6:00 PM Swim Team	5:00 - 9:00 PM Open Gym		
		6:00 - 6:45 PM Basketball Classes	6:00 - 9:00 PM Open Gym			
		6:45 - 9:00 PM Open Gym				

**Facility Hours:**  
M-F: 6 AM - 9 PM  
Sat: 7 AM - 6 PM  
Sun: 8 AM - 6 PM