

WINTER/SPRING GYM SCHEDULE 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
A	B	A	B	A	B	A	B	A	B	A	B	A	B		
5:30-9:00 Open Gym	5:15-6:15 Boot Camp	5:30-9:00 Open Gym		5:30-9:00 Open Gym	5:15-6:15 Boot Camp	5:30-9:00 Open Gym		8:00-9:00 Open Gym	5:15-6:15 Boot Camp	7:30-8:30 Saturday Aerobics		12:00-Close Leagues Or Rentals			
9:00-2:00 Open Gym	9:00-10:00 2010 Moves & Grooves	9:00-10:00 Totally Lean	9:00-10:00 SilverSneakers® II Cardio Circuit	9:00-10:00 Open Gym	9:00-10:00 2010 Moves & Grooves	9:00-10:00 Totally Lean	9:00-10:00 SilverSneakers® II Cardio Circuit	10:00-11:00 Open Gym	9:00-10:00 am 2010 Moves & Grooves	10:15-11:00 Pilates for Everybody	8:30-Close Leagues Or Rentals Or Open Gym Call For Availability	Or Open Gym Call for Availability			
	10:30-11:30 am SilverSneaker® I Muscular Strength	10:00- Noon Open Gym	10:30-11:30 SilverSneaker® I Muscular Strength		10:30-11:30 am SilverSneaker® I Muscular Strength		10:00-12:00 Open Gym		10:30-11:30 SilverSneaker® I Muscular Strength					11:00-11:00 Preschool	11:00-1:00 Open Gym
	12:00-2:00 Open Gym				11:30- 12:30 60+ Shoot Around										
2:00-3:00 SilverSneakers® I Muscular Strength		1:00-2:00 SilverSneakers® II Cardio Circuit		2:00-3:00 SilverSneakers® I Muscular Strength		1:00-2:00 SilverSneakers® II Cardio Circuit		1:00-2:00 SilverSneakers® II Cardio Circuit							
1:00-5:30 Rentals or Open Gym		1:00-4:30 Rentals or Open Gym		1:00-5:30 Rentals or Open Gym		1:00-4:30 Rentals or Open Gym		2:00-4:00 Open Gym	2:00-6:00 Open Gym						
5:30-6:30 Youth Programs Based On schedule	6:00-7:00 Y-Corps	5:30-6:10 Spark	4:30-5:30 Open Gym	5:30-6:30 Youth Programs Based On schedule	6:00-7:00 Y-Corps	5:30-6:10 Spark	4:30-5:30 Open Gym	4:00-4:45 AIM	6:00-7:00 Y-Corps						
		6:15-7:00 Spark	5:30-6:30 Step It Lean			6:15-7:00 Spark	5:30-6:30 Step It Lean	5:00-5:45 AIM							
	6:30-8:45 Youth Programs		6:45-7:45 pm ZUMBA		Open Gym 6:30-8:00 pm		7:00-8:00 Open Gym	6:30-8:00 Open Gym	7:00 -9:00 Open Gym						
8:45-Close Open Gym		9:15-Close Open Gym		8:45-Close Open Gym		8:00-Close Adult Sports	18:00-Close Adult Sports	9:15-12:15 Midnight Basketball							

