

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	5:15-6:00 am Core Class		5:15-6:15 Boot Camp	5:30-9:00 Open Gym	8:00-9:00 Open Gym		Saturday Aerobics 8:15-9:15		Adult Sports Leagues  Or  Rentals Call for Availability	
9:00-2:00 Open Gym	9:00-10:00 2008 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 2008 Moves & Grooves	9:00-10:00 Totally Lean	9:00-10:00 SilverSneakers® II Cardio Circuit	10:00-1:00 Open Gym	9:00-10:00 2008 Moves & Grooves	Youth Sports Leagues  Or  Rentals Call for Availability	Or		
	10:30-11:30 SilverSneaker® I Muscular Strength	10:00-1:00 Open Gym	10:30-11:30 SilverSneaker® I Muscular Strength		10:30-11:30 SilverSneaker® I Muscular Strength	10:00-12:00 Open Gym	10:30-11:30 SilverSneaker® I Muscular Strength		Open Gym 10:00-11:00				
	11:30-12:00 Open Gym				10:30-11:30 SilverSneaker® I Muscular Strength				11:00-12:00 Preschool Soccer				
12:00-1:00 Lunch Time Basketball		12:00-12:50 Lunchtime Power Hour	11:30-1:00 Open Gym	12:00-1:00 Lunch Time Basketball		12:00-12:50 Lunchtime Power Hour	11:30-1:00 Open Gym						
2:00-3:00 SilverSneakers® I Muscular Strength		1:00-2:00 SilverSneakers® II Cardio Circuit		2:00-3:00 SilverSneakers® II 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		1:00-6:00 Rentals or Open Gym		1:00-5:30 Rentals or Open Gym		1:00-6:00 Rentals or Open Gym		1:00-5:30 Rentals or Open Gym					
		5:00-5:45 SPARK for Kids				5:00-5:45 SPARK for Kids							
5:30-6:30 Open Gym	5:30-6:30 Y-Corps	6:00-Close Open Gym	6:00-7:00 Step Express	5:30-6:30 Open Gym	5:30-6:30 Y-Corps	6:00-7:00 Open Gym	6:00-7:00 Step Express	5:30-6:30 Open Gym	5:30-6:30 Cardio Sculpt				
6:45-8:45 Youth Sports		8:00 Adult Co-ed Pick-up Volleyball		6:45-8:45 Youth Sports		7:15-9:15 Youth Sports		9:00-12:00 Midnight Basketball					
8:45-Close Open Gym				8:45-Close Open Gym		9:15 Close Open Gym							

Gym schedule is subject to change. Call ahead for availability.

# FALL 2008 GYM SCHEDULE