

2008 WINTER/SPRING GYM SCHEDULE

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		8:00-Close		12:00-Close	
9:00-2:00 Open Gym	9:00-10:00 2007 Moves & Grooves	9:00-10:00 Totally Lean	9:00-10:00 Classic Conditioning	9:00-10:00 Open Gym	9:00-10:00 2007 Moves & Grooves	9:00-10:00 Totally Lean	9:00-10:00 Classic Conditioning	10:00-11:00 Open Gym	9:00-10:00 2007 Moves & Grooves	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	10:05-10:25 Classic Cardio		10:30-11:30 am SilverSneaker® I Muscular Strength	10:00-12:00 Open Gym	10:05-10:25 Classic Cardio		Open Gym				
			10:30-11:30 SilverSneaker® I Muscular Strength				10:30-11:30 SilverSneaker® I Muscular Strength	11:30-12:30 Preschool Soccer	11:00-1:00 Open Gym				
12:00-1:00 Lunch Time Basketball													
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		1:00-5:30 Rentals or Open Gym					
5:30-6:30 Open Gym	5:30-6:30 Y-Corps	4:30-5:30 Spark	4:30-6:00 Open Gym	5:30-6:30 Open Gym	5:30-6:30 Y-Corps	4:30-5:30 Spark	4:30-6:00 Open Gym	5:30-6:30 Open Gym	5:30-6:30 Y-Corps				
		5:45-7:00 Open Gym	6:00-7:00 Step Express			5:45-7:00 Open Gym	6:00-7:00 Step Express						
6:30-8:45 Youth Programs		7:15-9:15 Youth Programs		Open Gym 6:30-8:00 pm		7:15-9:15 Youth Programs		6:45 -9:00 Open Gym					
8:45-Close Open Gym		9:15-Close Open Gym		8:00-9:45 Adult Volleyball	8:45-Close Open Gym	9:15 Close Open Gym		9:15-12:15 Midnight Basketball					

GYM SCHEDULE