

# WINTER/SPRING GYM SCHEDULE –FEBRUARY 2011

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	8:00-7:00 Youth Competitive Basketball League		10:30-12:30 Indoor Hockey	
9:00-2:00 Open Gym	9:00-10:00 2011 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 2011 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 2011 Moves & Grooves	7:30-Close Open Gym		1:00-7:00 Adult Indoor Soccer	
	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	Gym Rental Every Other Friday 10:30-12:30					
12:00-2:00 Open Gym		11:30- 12:30 60+ Shoot Around	12:15-1:00 Lunchtime Power Hour	12:00-2:00 Open Gym		12:00-1:00 Open Gym	12:15-1:00 Lunchtime Power Hour	11:00-Noon Preschool Soccer		12:30-1:00 Open Gym			
2:00-3:00 SilverSneakers® I Muscular Strength		1:00-2:00 SilverSneakers® II Cardio Circuit		2:00-3:00 SilverSneakers® 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		2:00-7:00 Open Gym	2:00-6:00 Open Gym				
5:30-6:30 Youth Sports or Open Gym	5:30-6:30 Y-Corps	4:30-8:00 Youth Sports Or Open Gym	4:00-5:00 Totally Lean Lite	5:30-6:30 Youth Sports or Open Gym	5:30-6:30 Y-Corps	4:30-6:30 Youth Sports or Open Gym	4:00-5:00 Totally Lean Lite	6:30-8:00 Youth Sports		7:00-8:30 Open Gym		7:30-10:30 Indoor Hockey	
	6:30-7:00 Open Gym		5:30-6:30 Step It Lean				5:30-6:30 Step it Lean						
			7:00-8:00 Open Gym	Youth or Adult Sports 6:30-9:00		6:30-8:00 Youth Sports	6:30 -8:30 Pick-Up LaCrosse						
6:30-9:00 Youth or Adult Programs		8:00-9:00 Men's Basketball League, Practice or Open Gym Call First		9:00-Close Open Gym		8:00—Close Open Gym		9:15-12:15 Midnight Basketball					
9:00-Close Open Gym													

Due on-going programs and program schedules this gym schedule is always subject to change. Please call ahead for availability.