

Summer 2017 Gym/Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am Strong Warrior <small>*1st Sunday of every month unless otherwise noted</small>	Bootcamp 6:00-7:00 am	Pump It Up! 6:00-7:00 am	Active Older Adults 6:15-7:15 am	Pump It Up! 6:00-7:00 am	Back to Abs 6:00-6:30am	Shared court with Athletic Conditioning class 8:00am-9:15am
	Active Older Adults 8:30-9:15 am		Active Older Adults 8:30-9:15 am		Active Older Adults 8:30-9:15 am	Bootcamp 9:00-10:00 am
	Pump It Up! 9:15-10:00 am	Zumba 9:00-10:00am	Zumba 9:15-10:00 am	Zumba 9:00-10:00am	Pump It Up! 9:15-10:15 am	Back To Abs 10:00-10:30 am
Adult Basketball 10:30am-1:00 pm	Zumba 10:00-11:00 am	Butt and Gut 10:00-11:00am	Pump It Up 10:15-11:15 am	Boot Camp 10:30-11:30 am	Zumba 10:15-11:15 am	
	Pickle Ball 11:00am-12:15pm					
	Adult Basketball 12:15-1:30 pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 10:30am-1:30pm
Youth Open Gym 1:00-3:30 pm	Youth Open Gym 2:00-3:00 pm	Youth Open Gym 1:30-3:00 pm	Youth Open Gym 4:30-6pm	Youth Open Gym 2-3:00 pm	Youth Open Gym 2-7pm	Youth Open Gym 1:30-4:30
Teen Open Gym 3:30-6:00 pm	Teen Open Gym 3:00-6:00pm	Teen Open Gym 3:00-7:00pm	Teen Open Gym 2-4:30pm	Teen Open Gym 3:00-6:00pm	Teen Open Gym 7-10:00pm	
Family Open Gym 6:00pm-7:00pm	Zumba 6:15-7:00pm	Zumba 7:00-8:00pm	Boot Camp 6:15-7:15 pm	Boot Camp 6:00-7:00 pm		Teen Open Gym 4:30-6:00 pm
	Adult Basketball 7:15-10:00 pm	Adult Indoor Soccer 8:00-10:00 pm	Adult Basketball 7:15-10:00 pm	Zumba 7:00-8:00 pm		Family Open Gym 6-7:00pm
				Family Pickle Ball 8:00-10:00 pm		

Effective June 26th -September 10th 2017