

Gym/Fitness Schedule Fall 1 & Fall 2

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 8am-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 9:15-10:15 am	African Caribbean Dance 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		Zumba 10:15-11:15 am	
	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 12noon-1:30 pm	Intramural Basketball Leagues 10:30am-1:30pm
Youth Open Gym 2:00-3:00 pm	Youth/Teen Open Gym 2:30-3:45 pm	Youth/Teen Open Gym 2:30-3:45 pm	Youth/Teen Open Gym 2:30-3:45 pm	Youth/Teen Open Gym 2:30-3:45 pm	Youth Open Gym 2:30-5:00 pm	
Teen Open Gym 3:00-6:00 pm	All Star Basketball AGES 9-12 3:45-4:30pm	She Got Game 1 AGES 6-8 3:45-4:30pm	Rookie Basketball Ages 6-8 3:45-4:30pm	Strength for your Sport 1(9-12) 4:30-5:15pm	Above the Rim Teen Basketball League (13-17) 5:00-7:00pm	
Family Open Gym 6-7pm	MVP Basketball AGES 9-12 4:30-5:15pm	She Got Game 2 Grades 9-12 4:30-5:15pm	Starter Basketball Ages 6-8 4:30-5:15pm	Strength for your Sport 2(13-17) 5:15-6:00pm	Teen Open Gym 7:00-10:00pm	Adult Basketball 1:30-3:30 pm
	Ball is Life (Ages 13-17) 5:15-6:15pm	Bump,Set,Spike 2 (Girls 13-17) 5:15-6pm	Bump, Set, Spike 1 (Girls 9-12) 5:15-6:00pm	Boot Camp 6:00-7:00 pm		Youth Open Gym 3:30-4:30
	Dance Fitness 6:15-7:15pm	Panthers Prep 6:00-7:00pm	Boot Camp 6:15-7:15 pm	Radical Racquetball 6:00-6:45pm		Teen Open Gym 4:30-6:00 pm
	Adult Basketball 7:15-10:00 pm	Zumba 7:00-8:00 pm	Adult Basketball 7:15-10:00 pm	Zumba 7:00-8:00 pm		Family Open Gym 6-7pm
		Adult Indoor Soccer 8:00-10:00 pm		Adult Volleyball 8:00-10:00 pm		

Effective September 1st-December 17th