

2018 Fall 1&2 Gym/Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:30am <i>Strong Warrior</i> <small>*1st Sunday of every month unless otherwise noted</small>	<i>Bootcamp</i> 6:00-7:00 am	<i>Pump It Up!</i> 6:00-7:00 am	<i>Active Older Adults</i> 6:15-7:15 am	<i>Pump It Up!</i> 6:00-7:00 am	<i>Back to Abs</i> 6:00-6:30am	<i>Shared court with Athletic Conditioning class</i> 8:00am-9:15am
	<i>Active Older Adults</i> 8:30-9:15 am		<i>Active Older Adults</i> 8:30-9:15 am		Adult Volleyball 7:00-8:30am	<i>Bootcamp</i> 9:00-10:00 am
	<i>Pump It Up!</i> 9:15-10:00 am	<i>Zumba</i> 9:00-10:00am	<i>Zumba</i> 9:15-10:15 am	<i>African Caribbean Dance</i> 9:00-10:00am	<i>Active Older Adults</i> 8:30-9:15 am	
Adult Basketball 10:30am-1:00 pm	<i>Zumba</i> 10:00-11:00 am	<i>Butt and Gut</i> 10:00-11:00am	<i>Pump It Up</i> 10:15-11:15 am		<i>Pump It Up!</i> 9:15-10:15 am	Youth Sports Classes 10:00am-12:00pm
Volleyball Leagues 1-3pm	Pickle Ball 11:00am-12:15pm				<i>Zumba</i> 10:45-11:45 am	
	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 12:00-2:00pm
Youth Open Gym 3-4pm	Teen Open Gym 2:30-3:45pm	Teen Open Gym 2:30-3:45pm	Teen Open Gym 2:00-3:45pm	Teen Open Gym 2-5:00 pm	Youth Open Gym 2:30-6pm	Youth Open Gym 2:00-4:00pm
Teen Open Gym 4:00-6:00 pm	Youth Sports Classes 3:45-6:00pm	Youth Sports Classes 3:45-6:00pm	Youth Sports Classes 3:45-6:00pm	Youth Sports Classes 5:00-6:00pm	Teen Open Gym 6:00-10:00pm	
Family Open Gym 6:00pm-7:00pm	<i>Dance Fitness</i> 6:15-7:00pm	<i>Zumba</i> 7:00-8:00pm	<i>Boot Camp</i> 6:00-7:00 pm	<i>Boot Camp</i> 6:00-7:00 pm		Teen Open Gym 4:00-6:00pm
	Adult Basketball 7:15-10:00 pm	Adult Indoor Soccer 8:00-10:00 pm	Adult Basketball 7:15-10:00 pm	<i>Zumba</i> 7:00-8:00 pm		Family Open Gym 6-7:00pm
				Adult Volleyball 8:00-10:00 pm		

Effective September 10th -December 16th (Subject to Change)