

### GYM/FITNESS SCHEDULE Spring 1 & Spring 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am Strong Warrior *1 <sup>st</sup> Sunday of every month unless otherwise noted	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		Adult Volleyball 7am-8:30am	Boot camp 9:00-10:00 am
	Pump It Up! 9:15-10:00 am	Elo's Playlist 9:00-10:00am	Zumba 9:15-10:15 am	African Caribbean Dance 9:00-10:00am	Active Older Adults 8:30-9:15 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		Pump It Up! 9:15-10:15 am	
	Adult Pickle Ball 11am-12pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 12noon-1:30 pm	Adult Basketball 12noon-1:30 pm	Zumba 10:15-11:15 am	<i>Intramural Basketball Leagues</i> 10:30am-1:30pm
Youth Open Gym 1:00-3:00 pm	Adult Basketball 12noon-1:30 pm	Teen Open Gym 2:30-3:45 pm	Teen Open Gym 2:30-3:45 pm	Teen Open Gym 2:30-4:00 pm	Adult Basketball 12noon-1:30 pm	Family Open Gym 1:30-2:30pm
Teen Open Gym 3:00-6:00 pm	Teen Open Gym 2:30-3:45 pm	<i>She Got Game 1</i> <i>AGES 6-8</i> <i>3:45-4:30pm</i>	<i>Rookie Basketball</i> <i>Ages 6-8</i> <i>3:45-4:30pm</i>	Panthers Practice 4:00pm-6:00pm	Youth Open Gym 2:30-5:00 pm	
Family Open Gym 6-7pm	<i>All Star Basketball</i> <i>AGES 9-12</i> <i>3:45-4:30pm</i>	<i>She Got Game 2</i> <i>Grades 9-12</i> <i>4:30-5:15pm</i>	<i>Starter Basketball</i> <i>Ages 6-8</i> <i>4:30-5:15pm</i>		<i>Above the Rim Teen League</i> <i>13-17</i> <i>5:00-7:00pm</i>	
	<i>MVP Basketball</i> <i>AGES 9-12</i> <i>4:30-5:15pm</i>	<i>Bump,Set,Spike 2</i> <i>(Girls 13-17)</i> <i>5:15-6pm</i>	<i>Bump, Set, Spike 1</i> <i>(Girls 9-12)</i> <i>5:15-6:00pm</i>	Boot Camp 6:00-7:00 pm	Teen Open Gym 7:00-10:00pm	Youth Open Gym 2:30-4:30
	<i>Striker Indoor Soccer</i> <i>Ages 6-8</i> <i>5:15-6:00pm</i>	<i>Ultimate Sports</i> <i>Ages 9-12</i> <i>6:00-6:45pm</i>	Boot Camp 6:15-7:15 pm	<i>Radical Racquetball</i> <i>6:00-6:45pm</i>		Teen Open Gym 4:30-7:00 pm
	Dance Fitness 6:15-7:15pm	Zumba 7:00-8:00 pm	Adult Basketball 7:15-10:00 pm	Zumba 7:00-8:00 pm		
	Adult Basketball 7:15-10:00 pm	Adult Indoor Soccer 8:00-10:00 pm		Adult Volleyball 8:00-10:00 pm		