

## Winter 2019 Gym/Fitness Schedule

| Sunday  | Monday  | Tuesday   | Wednesday                                       | Thursday  | Friday  | Saturday   |
|---|---|---|---|---|---|--|
| 8:00-9:30am<br>Strong Warrior<br>*1 <sup>st</sup> Sunday of<br>every month<br>unless otherwise<br>noted | Bootcamp<br>6:00-7:00 am                              | Pump It Up!<br>6:00-7:00 am                                 | Active Older Adults<br>6:15-7:15 am             | Pump It Up!<br>6:00-7:00 am                           | Back to Abs<br>6:00-6:30am                            | Shared court with<br>Athletic Conditioning<br>class<br>8:00am-9:15am |
|   | Active Older Adults<br>8:30-9:15 am                   |   | Active Older Adults<br>8:30-9:15 am             |   | <b>Adult Volleyball<br/>7:00-8:30am</b>               | Bootcamp<br>9:00-10:00 am  |
|   | Pump It Up!<br>9:15-10:00 am                          | Zumba<br>9:00-10:00am                                       | Zumba<br>9:15-10:15 am                          | African Caribbean<br>Dance<br>9:00-10:00am            | Active Older Adults<br>8:30-9:15 am                   | <b>NHL Floor Hockey 1<br/>10:00am-10:45am</b>                        |
| <b>Adult Basketball<br/>10:30am-1:00<br/>pm</b>   | Zumba<br>10:00-11:00 am                               | Butt and Gut<br>10:00-11:00am                               | Pump It Up<br>10:15-11:15 am                    |   | Pump It Up!<br>9:15-10:15 am                          | <b>NHL Floor Hockey 2<br/>10:45am-11:30am</b>                        |
| <b>Volleyball<br/>Leagues<br/>1-3pm</b>   | <b>Pickle Ball<br/>11:00am-12:15pm</b>                |   |   |   | Zumba<br>10:45-11:45 am                               | <b>Family Sports<br/>11:30am-12:30pm<br/>Jan. 12-19<sup>th</sup></b> |
|   | <b>Adult Basketball<br/>12:15-1:30 pm</b>             | <b>Adult Basketball<br/>12noon-1:30 pm</b>                  | <b>Adult Basketball<br/>12noon-1:30 pm</b>      | <b>Adult Basketball<br/>12noon-1:30 pm</b>            | <b>Adult Basketball<br/>12noon-1:30 pm</b>            | <b>Travel Basketball<br/>Practice<br/>12:30pm-2:30pm</b>             |
| <b>Youth Open Gym<br/>3-4pm</b>   | <b>Teen Open Gym<br/>2:30-3:45pm</b>                  | <b>Teen Open Gym<br/>2:30-3:45pm</b>                        | <b>Teen Open Gym<br/>2:00-3:45pm</b>            | <b>Teen Open Gym<br/>2-5:00 pm</b>                    | <b>Youth Open Gym<br/>2:30-6pm</b>                    | <b>Youth Open Gym<br/>2:30-4:00pm</b>                                |
| <b>Teen Open Gym<br/>4:00-6:00 pm</b>   | <b>Youth Sports<br/>Classes<br/>3:45-5:15pm</b>       | <b>Youth Sports<br/>Classes<br/>3:45-7:00pm</b>             | <b>Youth Sports<br/>Classes<br/>3:45-6:00pm</b> | <b>Travel Basketball<br/>Practice<br/>5:00-6:00pm</b> | <b>Travel Basketball<br/>Practice<br/>6:00-8:00pm</b> |  |
| <b>Family Open Gym<br/>6:00pm-7:00pm</b>  | <b>Travel Basketball<br/>Practice<br/>5:15-6:15pm</b> | Zumba<br>7:00-8:00pm  | Boot Camp<br>6:00-7:00 pm                       | Boot Camp<br>6:00-7:00 pm                             | <b>Teen Open Gym<br/>8:00-10:00pm</b>                 | <b>Teen Open Gym<br/>4:00-6:00pm</b>                                 |
|   | Dance Fitness<br>6:15-7:00pm                          | <b>40 &amp; Over Adult<br/>Basketball<br/>8:00-10:00 pm</b> | <b>Adult Basketball<br/>7:15-10:00 pm</b>       | Zumba<br>7:00-8:00 pm                                 |   | <b>Family Open Gym<br/>6-7:00pm</b>                                  |
|   | <b>Adult Basketball<br/>7:15-10:00 pm</b>             |   |   | <b>Adult Volleyball<br/>8:00-10:00 pm</b>             |   |  |

**Effective January 7<sup>th</sup> –March 3<sup>rd</sup> (Subject to Change)**