



Gym Schedule Aug 1st-Aug 31st

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3	Quad 4
Monday				
	OPEN GYM ALL DAY	OPEN GYM 5:30-6:15am	OPEN GYM 5:30 - 12:30am	OPEN GYM 5:30-1230pm
		Step it Up 8:15-9am		
		Tone 9-10am		
		Silver Sneakers 10-11:30am		
			RSB 12:30-3pm	RSB 12:30-3pm
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
Tuesday				
	OPEN GYM ALL DAY	OPEN GYM 5:30-10am	OPEN GYM 5:30 - 10:00am	OPEN GYM 5:30-10:00am
		Strenght and Cardio 7:15-8am		
		Zumba Fitness 8:15-9am		
		Silver Sneakers 9:30-11 am		
			Pickelball 11:15am-3pm	Pickelball 11:15am-3pm
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
Wednesday				
	OPEN GYM ALL DAY	OPEN GYM 5:30-8:15am	OPEN GYM 5:30 - 12:30am	OPEN GYM 5:30-1230pm
		Step it Up 8:15-9am		
		Tone 9-10am		
		Silver Sneakers 10-11:30am		
			RSB 12:30-3pm	RSB 12:30-3pm
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
Thursday				
	OPEN GYM ALL DAY	OPEN GYM 5:30-7:15am	OPEN GYM 5:30 - 10:00am	OPEN GYM 5:30-10:00am
		Strenght and Cardio 7:15-8am		
		Zumba Fitness 8:15-9am		
		Silver Sneakers 9:30-11 am		
			Pickelball 11:15am-3pm	Pickelball 11:15am-3pm
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
Friday				
	OPEN GYM ALL DAY	OPEN GYM 5:30-8:15am	OPEN GYM 5:30 - 12:30am	OPEN GYM 5:30-1230pm
		Step it Up 8:15-9am		
		Tone 9-10am		
		Silver Sneakers 10-11:30am		
			RSB 12:30-3pm	RSB 12:30-3pm
			Pickelball 4pm-6:45pm	Pickelball 4pm-6:45pm
	Y Closes at 7pm	Y Closes at 7pm	Y Closes at 7pm	Y Closes at 7pm
Saturday				
	Y Closes at 5pm	Y Closes at 5pm	Y Closes at 5pm	Y Closes at 5pm
Sunday				
	Closed	Closed	Closed	Closed