



# Gym Schedule Dec 1st - 31st

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3	Quad 4
<b>Monday</b>				
	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
<b>Tuesday</b>				
	OPEN GYM ALL DAY	OPEN GYM 5:30-10am	OPEN GYM 5:30 - 10:00am	OPEN GYM 5:30-10:00am
		Zumba Fitness 8:15-9am		
		Silver Sneakers 9:30-11am		
			Pickleball 11:15am-3pm	Pickleball 11:15am-3pm
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
<b>Wednesday</b>				
	OPEN GYM ALL DAY	OPEN GYM 5:30-8:15am	OPEN GYM 5:30 - 12:30 pm	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
<b>Thursday</b>				
	OPEN GYM 5:30 - 12:30 pm	OPEN GYM 5:30-7:15am	OPEN GYM 5:30 - 10:00am	OPEN GYM 5:30-10:00am
		Zumba Fitness 8:15-9am		
		Silver Sneakers 9:30-11am		
		Promiseland 11-11:45am (3rd,17th)	Pickleball 11:15am-3pm	Pickleball 11:15am-3pm
	HS Gym & Swim 12:00 pm - 2 pm	HS Gym & Swim 12:00 pm - 2 pm		
	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm	Y Closes at 9pm
<b>Friday</b>				
	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 7pm	Y Closes at 7pm	Y Closes at 7pm	Y Closes at 7pm
<b>Saturday</b>				
			Pickleball 8:15am-10:15am	Pickleball 8:15am-10:15am
	Y Closes at 5pm	Y Closes at 5pm	Y Closes at 5pm	Y Closes at 5pm
<b>Sunday</b>				