

GYM SCHEDULE

Winter Session 1/03/10-2/20/10

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30-06:00AM	CLOSED	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp	CLOSED
06:00-07:00AM	Open Gym	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Open Gym
07:00-08:00AM	Open Gym	Open Gym	Before School	Before School	Pilates	Before School	Boot Camp
08:00-09:00AM	Weight Training (Paid Class)	Hatha Yoga	Before School	Hatha Yoga	Open Gym	Before School	Stretch and Sculpt
09:00-9:45AM	Family Gym	Stretch and Sculpt	Low Impact	Stretch and Sculpt	Low Impact	Stretch and Sculpt	Zumba(Paid Class)
10:15-11:00AM	Open Gym	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Karate(Paid Class) 10:00am-11:00am
11:00-12:00PM	Open Gym	Babysitting	Open Gym	Babysitting	Open Gym	Open Gym	Sports of All Sorts
12:00-01:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Pilates
01:00-02:00PM	Open Gym	Heartland	Open Gym	Heartland	Open Gym	Open Gym	Traveling B-Ball
02:00-03:00PM	Open Gym	Heartland	Open Gym	Heartland	Open Gym	Heartland	Traveling B-Ball
03:00-04:00PM	KEEN 2 nd /4 th Sunday only	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	OPEN
04:00-05:00PM	KEEN 2 nd /4 th Sunday only	After School	After School	After School	After School	After School	OPEN
0500-06:00PM	KEEN 2 nd /4 th Sunday only	Teen Ages 13-17 Open Gym	Youth B-Ball 9yrs to 10yrs	Teen Ages 13-17 Open Gym	Youth B-Ball 9yrs to 10yrs	Open Gym	CLOSED
06:00-07:00PM	CLOSED	Cardio Kick	Youth B-Ball 6yrs to 8yrs	Cardio Kick	Youth B-Ball 6yrs to 8yrs	Family Open Gym	CLOSED
07:00-08:00PM	CLOSED	Power Step	Stretch and Sculpt	Power Step	Stretch and Sculpt	Family Open Gym	CLOSED
08:00-09:00PM	CLOSED	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	CLOSED
09:00-9:45PM	CLOSED	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	Adult 18+ OPEN till 9:45pm	CLOSED

Please Remember:

- **Open Gym (Ages 6 years old and up)**
- During **Open Gym, Family, or Teen Open Gym** there are **NO Full Court Games**
- During **OPEN or Adult OPEN** full court games are allowed.
- **NO FOOD or DRINKS** (except *WATER*) are allowed in Gym Area.
- *Street shoes may not be worn* on the gym floor. Members **MUST** bring an extra pair of **GYM SHOES** in a bag.
- **The gym will NOT be open during class times.**
- **Youth Sports and Child Care & Camps classes have priority of gym on poor weather day.**
- **Before School, Babysitting, and After School** means only participants in those programs can be in the gym.

