

GYM SCHEDULE

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-9:45am Open	5:45-6:30am Body Shop/ Abs	5:45-6:30am Sunrise Surprise	5:45-6:30am Body Shop/ Abs	5:45-6:30am Sunrise Surprise	5:45-6:30am Boot Camp	7:30-8:30am Open
	6:30-8:00am Open	6:30-7:15am Over 50 Basketball	6:30-8:00 Open	6:30-7:15am Over 50 Basketball	6:30-8:30am Open	
	8:00-9:00am Tai Chi	7:15-8:30am Open	8:00-9:00 am Tai Chi	7:15-8:30am Open		8:30-9:15am HIIT
9:45-12pm Adult Ball	9:45-10:30am Intro to HIIT	8:30-9:30 am Build A Body	9:00am-9:30am Open	8:30-9:30am Build A Body	8:30-10:30am 1/2 open 1/2 class	
	10:45-11:45am SS Combo	9:45-10:45 am Silver Sneakers Circuit	9:45-10:30am Mommy and Me	9:45-10:45am Silver Sneakers Circuit	10:30-12:45pm Open	9:30-12:00pm Open
	12:00-2:00pm Pickleball (self led)	11:00-12:00pm Silver Sneakers Classic	10:45-11:45 am Silver Sneakers Classic	11:00-12pm Silver Sneakers Classic	12:45-1:45pm Adult Ball	
	2:00-5:30pm 1/2 Open 1/2 Camp	12:15-1:45pm Pickleball (self led)	12:00-6:00pm Open (2:00-3:30 half Camp)	12:00-3:00pm Open	2:00-3:30pm Pickleball (self led)	
12:15-4:00pm Open/ Parties	5:30pm-9:00pm Open	1:45-5:45pm 1/2 Open 1/2 Camp	6:00-7:00 pm Swim Team	3:00-5:45pm 1/2 Open 1/2 Camp	3:30 - 7:00 pm Open	12:00pm-4:00pm Open/ Parties
		6:00-7:00pm HIIT		6:00-6:45pm HIIT		
		7:00-7:30pm 1/2 open / half swim team	7:30-9:00 pm Adult Ball	7:00 -9:00pm Open	7:00-9:00pm Open	
		7:30-9:00pm Open				