

GYM SCHEDULE

May 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	8:30-9:15am HIIT
	8:00-9:00am Tai Chi	7:15-8:30am Open	8:00-9:00 am Tai Chi	7:15-8:30am Open	8:45-9:30am Cardio Walk	9:30-12:00pm Youth Sports
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	9:30-10:30am HIIT	
	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	11:00-12:30pm Jump It Out	
	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 Open (1/2 SACC 4:00-5:15)	12:15-1:45pm Pickleball (self led)	12:00-6:00pm Open	12:00-3:00pm Open	2:00-3:30pm Pickleball (self led)	12:00pm-5:30pm Open/ Parties
12:15-5:30pm Open/ Parties	5:45 - 6:30pm Bootcamp	6:00-7:00pm HIIT	6:00-7:00 pm Swim Team	3:00-5:45pm Open (1/2 SACC 4:00-5:15)	3:30 - 7:00 pm Open (1/2 SACC 4:00-5:15)	
	6:30pm-9:30pm Open	7:00-7:30pm 1/2 open / half swim team	7:30-9:30 pm Adult Ball	6:00-6:45pm HIIT	7:00-9:30pm 1/2 Open	6:00-8:00pm Family Night (3rd Saturday of the month only - parents must accompany) Otherwise open
		7:30-9:30pm Open		7:00 -9:30pm Open		