



Gym Schedule

Effective March 1, 2010

This schedule is subject to change without notice.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
5:00am	Open	Open	Open	Open	Open		
6:00am	Open	Group Cycling	Open	Group Cycling	Open		
7:00am	Open	Open	Open	Open	Open @7:15am	Open	
8:00am	Closed Stride, Strength, Stretch	Open	Closed Stride, Strength, Stretch	Open	Closed Stride, Strength, Stretch		
9:00am	Closed Step Interval	Closed Power Ball	Closed Zumba	Closed Core Conditioning & Strength	Closed Step Interval/Yoga	Bitty Basketball	
10:00am	Closed 10:15am Prime Time Fitness	Closed Silver Sneakers2	Closed 10:15am Prime Time	Closed Silver Sneakers2	Closed 10:15am Prime Time	Youth Basketball Games	
11:00am	Open	Closed Silver Sneakers1	Open	Closed Silver Sneakers1	Open		
Noon	Adult Basketball	Closed Zumba Gold	Adult Basketball	Closed Zumba Gold	Adult Basketball		Open
1:00pm	Adult Basketball	Open	Adult Basketball	Open	Adult Basketball		Open
2:00pm	Open	Open	Open	Open	Open		Open
4:00pm	Closed Youth BB Practice	YouthFit	Closed Youth BB Practice	YouthFit	Closed Youth Basketball		Open
5:00pm	Open**	Closed Youth BB Practice	Closed Youth BB Practice	Closed Youth Basketball	Closed Youth Basketball	Closed	Open
6:00pm	Closed 6:30pm ZUMBA	Closed Boot Camp	Closed Zumba	Closed Boot Camp	Open		Close at 6:00pm
7:30pm	Open @8:15pm	Open @ 7:15pm	Close Youth Basketball Practice	Closed Youth Basketball	Open @ 7:15pm		
8:30pm	Open	Open	Open	Open	Open		
9:30pm	Closed	Closed	Closed	Closed	Closed		

Facility Hours

Monday thru Friday 5:00am – 9:30pm*
 Saturday 7:00am - 5:00pm*
 Sundays 12:00 - 6:00pm

*Pool closes 30 minutes prior to facility closure

**Gym closes at 5:15pm on the first Monday of every month.