



# Gym Schedule

Effective August 20, 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	Open	Open	Open	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	Open	
10:00am	Closed 10:15am Prime Time Fitness	Closed Silver Sneakers2	Closed 10:15am Prime Time	Closed Silver Sneakers2	Closed 10:15am Prime Time	Open	
11:00am	Open @11:30am	Closed Silver Sneakers1	Open @11:30am	Closed Silver Sneakers1	Open		
Noon	Adult Basketball	Closed ZUMBA GOLD	Adult Basketball	Closed ZUMBA GOLD	Adult Basketball		
1:00pm	Adult Basketball	Open	Adult Basketball	Open	Adult Basketball	Close at 4:00pm	
2:00pm	Open	Open	Open	Open	Open		
4:00pm	Open	Open	Open	Open	Open		
5:00pm	Open**	Open	Open	Open	Open		
6:00pm	Closed 6:30pm ZUMBA	Closed Boot Camp	Closed Zumba	Closed Boot Camp	Open		
7:30pm	Open @7:45pm	Open @ 7:15pm	Open @ 7:45pm	ZUMBA (7:00pm)	Open		
8:30pm	Open	Open	Open	Open@8:15pm	Open		
9:00pm	Closed	Closed	Closed	Closed	Closed		

### Facility Hours

\*Pool closes 30 minutes prior to facility closure

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

Monday thru Friday

Saturday

Sundays

5:00am – 9:00pm\*

7:00am - 4:00pm\*

12:00 - 6:00pm\*