



GYM #1

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8							
9				Core and More (Gretchen) 9:15 -10:00			Family Gym 8am-12pm
10			Tumbling * \$ 10:45 -11:30				
11						Gym Party 11-12:00 (Reserved if party is sched.)	
12							
1							
2							
3							
4						Youth Basketball League * \$ 2:00-6:00	
5	Itty Bitty Sports * \$ 4:30-6:00		Itty Bitty Sports * \$ 4:30-6:00	Family Gym 4:00-6:00	Youth Sports Classes* \$ 4:00-6:00		11-17 Volleyball 4:00-5:30
6		Family Gym 5:00-6:55					* See Flyer for more info ** 8+ yrs may participate \$ Fee Based Program Updated 1/26/12
7	18+ Pick Up Basketball 6:00-10:00	11-18 Dodgeball 7:00-8:00	18+ Pick Up Basketball 6:30-10:00	Basic Volleyball 6:00-7:30pm			
8		18+ Power Volleyball (Registration Required) 8:00-9:45		14+ Intermediate Volleyball 7:30-9:00pm	Family Gym and Family Friday Night Flicks 6:00-10:00		
9							

Table Tennis, Pickleball & Badminton Schedule

Table Tennis Tuesdays 11-1:30pm (GYM 2)
Wednesdays 7-9pm (WS)
Fridays 4:30-6:00pm (WS)
Sundays 2:30-5pm (WS)

Pickleball Mondays (AOA) 11-1pm (Gym 2)
Fridays 11-1pm (GYM 2)
Sundays (ADULT) 12-2pm, (FAM) 2-4pm

Badminton Sundays 8:45-11:45am (GYM 2)



GYM #2

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FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-8			Bootcamp (Connie) 5:00-6:30				
8	SilverSneakers ® (Barb) MSROM 8:00-9:00		SilverSneakers ® (Katie) MSROM 8:00-9:00		Cardio Circuit SilverSneakers ® (Lisa) 8:00-9:00		Badminton 8:45-11:45
9-10	Zumba (Chris) 9:30-10:30	Zumba Gold (Heather) 9:30-10:30	Zumba (Chris) 9:30-10:30	Zumba Gold (Heather) 9:30-10:30	Zumba (Heather) 9:30-10:30	Zumba ** (Chris/Mary Ann) 10:00-11:00	
11	Pickle Ball (AOA) 11:00-1:00	Table Tennis 11:00-1:30					Adult Pickle Ball 12:00-2:00
12							
1							Family Pickle Ball 2:00-4:00
4	11-18 Basketball 3:45-5:00	Taekwondo (Basic) * \$ 4:15-5:00	Family Gym 4:00-5:15	Taekwondo (Basic) * \$ 4:15-5:00	12-18 Pick Up Basketball 4:00 - 6:00		
5		Taekwondo (Basic) * \$ 5:00-5:45		Taekwondo (Basic) * \$ 5:00-5:45			
6	Zumba (Heather) 6:15-7:15	Taekwondo (Basic 2) * \$ 5:45-6:30	Zumba (Kitty) 6:15-7:15	Taekwondo (Basic 2) * \$ 5:45-6:30	Zumba (Kitty) 6:15-7:15		* See Flyer for more info ** 8+ yrs may participate \$ Fee Based Program Updated 1/26/12
7	Family Gym 7:30-10:00	Zumba ** (Kitty) 6:45-7:45	Family Gym 7:30-10:00	Zumba (Chrissy) 6:45-7:45	Family Gym 7:15-10:00	Table Tennis, Pickleball & Badminton Schedule Table Tennis Tuesdays 11-1:30pm (GYM 2) Wednesdays 7-9pm (WS) Fridays 4:30-6:00pm (WS) Sundays 2:30-5pm (WS) Pickleball Mondays (AOA) 11-1pm (Gym 2) Fridays 11-1pm (GYM 2) Sundays (ADULT) 12-2pm, (FAM) 2-4pm Badminton Sundays 8:45-11:45am (GYM 2)	
8		Open Gym 8:00-10:00		18+ Pick Up Basketball 8:00-10:00			