



NORTHSHORE FAMILY GYM SCHEDULE

**NOVEMBER
1-19
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM- 9:00AM OPEN GYM	6:00AM—6:45AM OPEN GYM	6:00AM—9:15AM OPEN GYM	6:00AM—6:45AM OPEN GYM	6:00AM—9:15AM OPEN GYM	
		7:00AM—7:45AM KARATE		7:00AM—7:45AM KARATE		
		8:00AM—8:45AM OPEN GYM		8:00AM—8:45AM OPEN GYM		
	9:15AM-10:00AM BARBELL PUMP	9:00AM—11:00AM OPEN PICKLEBALL	9:30AM— 10:15AM FUNCTIONAL FITNESS- ALL LEVELS	9:00AM—11:00AM OPEN PICKLEBALL	9:30AM— 10:30AM AOA CARDIO & STRENGTH	9:30AM-10:15AM STRENGTH & CONDITONING
			10:30AM—11:15AM AOA CARDIO & STRENGTH			
8:00AM—2:15PM OPEN GYM	10:15AM—5:45PM OPEN GYM	11:00AM—5:45PM OPEN GYM	11:30AM—12:30PM OPEN GYM	11:00AM—5:45PM OPEN GYM	**3rd Friday: 10:45AM-11:45AM Line Dancing	12:30AM-1:30PM YOUTH SPORTS
			12:45PM-2:45PM OPEN PICKLEBALL		12:45PM-2:45PM OPEN PICKLEBALL	1:45PM-2:15PM OPEN GYM
3:00PM-4:30PM OPEN GYM			3:00PM-8:50PM OPEN GYM		2:30PM-4:30PM PICKLEBALL	
5:00PM-5:45PM VOLLEYBALL PRACTICE					4:45PM-5:45PM INTRO TO YOUTH TENNIS	1:45PM-2:15PM OPEN GYM
2:30PM-4:30PM PICKLEBALL	6:00PM-6:45PM TOTAL BODY CONDITONING	6:00PM-6:45PM BARBELL PUMP	6:00PM-6:45PM TOTAL BODY CONDITONING	6:00PM-6:45PM BARBELL PUMP	3:00PM-8:50PM OPEN GYM	*1 1/4: FAMILY BINGO NIGHT 6:00-7:30PM
1:45PM-2:15PM OPEN GYM	7:00PM-8:50PM OPEN GYM	7:15PM-8:00PM ZUMBA	7:00PM-8:50PM OPEN GYM	7:15PM-8:00PM ZUMBA		
		8:15PM-8:45PM OPEN GYM		8:15PM-8:45PM OPEN GYM		



NORTHSHORE FAMILY GYM SCHEDULE

**NOVEMBER
20-30
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00AM—6:45AM OPEN GYM		6:00AM—6:45AM OPEN GYM		
	6:00AM— 9:00AM OPEN GYM	7:00AM—7:45AM KARATE	6:00AM—9:15AM OPEN GYM	7:00AM—7:45AM KARATE	6:00AM—9:15AM OPEN GYM	
		8:00AM—8:45AM OPEN GYM		8:00AM—8:45AM OPEN GYM		
	9:15AM—10:00AM BARBELL PUMP	9:00AM—11:00AM OPEN PICKLEBALL	9:30AM— 10:15AM FUNCTIONAL FITNESS— ALL LEVELS	9:00AM—11:00AM OPEN PICKLEBALL	9:30AM— 10:30AM AOA CARDIO & STRENGTH	9:30AM—10:15AM STRENGTH & CONDITIONING
8:00AM—2:15PM OPEN GYM	10:30AM—11:15AM AOA CARDIO & STRENGTH		10:30AM—11:15AM AOA CARDIO & STRENGTH		11:30AM—12:30PM OPEN GYM	10:45AM —12:30PM OPEN GYM **3rd Friday: 10:45AM-11:30AM Line Dancing
			12:45PM-2:45PM OPEN PICKLEBALL	12:45PM-2:45PM OPEN PICKLEBALL		
2:30PM-4:30PM PICKLEBALL	11:30AM—5:45PM OPEN GYM	11:00AM—5:45PM OPEN GYM	3:00PM-4:30PM OPEN GYM	11:00AM—5:45PM OPEN GYM		2:30PM-4:30PM PICKLEBALL
1:45PM-2:15PM OPEN GYM			4:45PM-5:45PM INTRO TO YOUTH TENNIS			3:00PM-8:50PM OPEN GYM
	6:00PM-6:45PM TOTAL BODY CONDITIONING	6:00PM-6:45PM BARBELL PUMP	6:00PM-6:45PM TOTAL BODY CONDITIONING	6:00PM-6:45PM BARBELL PUMP		
	7:00PM-8:50PM OPEN GYM	7:15PM-8:00PM ZUMBA	7:00PM-8:50PM OPEN GYM	7:15PM-8:00PM ZUMBA		
		8:15PM-8:45PM OPEN GYM		8:15PM-8:45PM OPEN GYM		