



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYM-CLOSED 11/7-11/12

Room Schedule for November 1-6. All times subject to change.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am				OPEN GYM 5:00am-6:45am	FACILITY OPENS AT 7:00AM		FACILITY OPENS AT 8:00AM	
BADMINTON 7:00am-9:45am	OPEN GYM 6:45am-9:45am	PICKLEBALL 7:00am-9:45am	OPEN GYM 6:45am-9:45am	BADMINTON 7:00am-9:45am	OPEN GYM 7:00am-9:45am	PICKLEBALL 7:00am-9:45am	OPEN GYM 7:00am-9:45am			BADMINTON 7:00am-11:00am	PICKLEBALL 7:00am-9:45am	OPEN GYM 5:00am-6:45am	BADMINTON -FAMILY 8:00am-11:00am	OPEN GYM 5:00am-6:45am
ZUMBA® 10:00am-11:00am Rachelle 11/7 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachelle 11/8 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachel 11/9 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachel 11/10 CLASS AT CWU				ZUMBA® 10:00am-11:00am Shanyn 11/12 CLASS AT CWU		OPEN GYM 11:15am-6:00pm		
OPEN GYM 11:15am-1:00pm		OPEN GYM 11:15am-5:45pm		OPEN GYM 11:15am-9:00pm		OPEN GYM 11:15am-5:15pm		OPEN GYM 5:00am-9:00pm		OPEN GYM* 11:15pm-9:00pm See Below for Closure update				OPEN GYM 11:15am-7:00pm
PICKLEBALL 1:00pm-3:00pm	OPEN GYM 1:00am-3:00pm											OPEN GYM 3:15pm-5:15pm		
BADMINTON -FAMILY 5:30pm-9:00pm	OPEN GYM 5:15pm-9:00pm	ZUMBA® 7:00pm-8:00pm Rachel NOV 8 & 15-CWU						OPEN GYM 7:00am-9:45am	VOLLEYBALL 5:30pm-9:00pm	FACILITY CLOSING AT 7:00PM				

FACILITY SCHEDULE
Monday—Friday 5:00am—9:00pm
Saturday—7:00am-7:00pm
Sunday—8:00am-6:00pm



FOR YOUTH DEVELOPMENT®
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Room Schedule for November 13-30.

All times subject to change.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		OPEN GYM 5:00am-6:45am		FACILITY OPENS AT 7:00AM		FACILITY OPENS AT 8:00AM	
BADMINTON 7:00am-9:45am	OPEN GYM 6:45am-9:45am	PICKLEBALL 7:00am-9:45am	OPEN GYM 6:45am-9:45am	BADMINTON 7:00am-9:45am	OPEN GYM 7:00am-9:45am	PICKLEBALL 7:00am-9:45am	OPEN GYM 7:00am-9:45am	BADMINTON 7:00am-11:00am		PICKLEBALL 7:00am-9:45am	OPEN GYM 5:00am-6:45am	BADMINTON -FAMILY 8:00am-11:00am	OPEN GYM 5:00am-6:45am
ZUMBA® 10:00am-11:00am Rachelle 11/7 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachelle 11/8 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachel 11/9 CLASS AT CWU		ZUMBA® 10:00am-11:00am Rachel 11/10 CLASS AT CWU		OPEN GYM 5:00am-9:00pm		ZUMBA® 10:00am-11:00am Shanyn 11/12 CLASS AT CWU		OPEN GYM 11:15am-6:00pm	
OPEN GYM 11:15am-1:00pm		OPEN GYM 11:15am-5:45pm		OPEN GYM 11:15am-9:00pm		OPEN GYM 11:15am-5:15pm				OPEN GYM* 11:15pm-9:00pm See Below for Closure update			
PICKLEBALL 1:00pm-3:00pm	OPEN GYM 1:00am-3:00pm							STRONG NATION® 6:00pm-6:45pm Rachel 11/8 & 11/15 CWU				OPEN GYM 7:00am-9:45am	
OPEN GYM 3:15pm-5:15pm		OPEN GYM 5:45pm-6:45pm		ZUMBA® 7:00pm-8:00pm Rachel NOV 8 & 15-CWU		FACILITY CLOSSES AT 7:00PM							
BADMINTON -FAMILY 5:30pm-9:00pm	OPEN GYM 5:15pm-9:00pm	FACILITY CLOSSES AT 6:00PM											

FACILITY SCHEDULE
Monday—Friday 5:00am-9:00pm
Saturday—7:00am-7:00pm
Sunday—8:00am-6:00pm



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SMALL GYM CLOSED

Room Schedule for November 1-20

SEE BELOW FOR ROOM & TIME CHANGES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6:15am-7:15am Tim-GF1	BOOTCAMP 7:0am-8:00am Kristin-GF1	BOOTCAMP 6:15am-7:15am Alison-GF1	CIRCUIT-QUEENAX 8:30am-9:30am Vicki/Kristin-Fitness Floor	CYCLE-CORE 8:30am-9:30am Tim-GF3	FACILITY OPENS AT 7:00 AM	FACILITY OPENS AT 8:00 AM
STRENGTH TRAINING 10:00am-11:00am Sue-GF1		STRENGTH TRAINING 10:00am-11:00am Sue-GF1	STRENGTH & CONDITIONING 10:00am-11:00am Vicki-GF1			
AOA CIRCUIT 11:30am-12:30pm Sue-GF1		BODYPUMP® 11:15am-12:15pm Jean-GF1				
PICKLEBALL-ADULT 1:00pm-2:30pm						
		BODYPUMP® 5:00pm-6:00pm Laura-GF1				
		POUND® 6:15pm-6:45pm Laura-GF1	ZUMBA® 7:00pm-8:00pm Rachelle-GF1			
BOLLYWOOD FITNESS 7:45pm-8:45pm Deepti-GF1		BOLLYWOOD FITNESS 7:00pm-8:00pm Deepti-GF1				
FACILITY SCHEDULE Monday—Friday 5:00am-9:00pm Saturday—7:00am-7:00pm Sunday—8:00am-6:00pm						



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Room Schedule for November 21-30

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BOOTCAMP 6:15am-7:15am Tim	OPEN GYM 5:00am-7:15am	BOOTCAMP 6:15am-7:15am Alison	OPEN GYM 5:00am-8:15am	OPEN GYM 5:00am-8:15am	FACILITY OPENS AT 7:00 AM	FACILITY OPENS AT 8:00 AM	
OPEN GYM 7:30am-8:15am		OPEN GYM 7:30am-8:15am					
STRENGTH TRAINING 10:00am-11:00am Sue	BOOTCAMP 7:30am-8:30am Kristin	STRENGTH TRAINING 10:00am-11:00am Sue	CIRCUIT 8:30am-9:30am Vicki	CYCLE-CORE 8:30am-9:30am Tim	FACILITY OPENS AT 7:00 AM	FACILITY OPENS AT 8:00 AM	
AOA CIRCUIT 11:30am-12:30pm Sue	OPEN GYM 8:45am-5:45pm *SEE GYM CLOSURES BELOW FOR NOV 22	BODYPUMP® 11:15am-12:00pm Jean	STRENGTH & CONDITIONING 10:00am-11:00am Vicki	ZUMBA TONING® 10:00am-11:00am Jean			OPEN GYM* 8:00am-5:45pm See below for Birthday Party Reservations
PICKLEBALL –ADULT 1:00pm-2:30pm		OPEN GYM 12:45am-4:45pm	OPEN GYM 11:15am-5:45pm	OPEN GYM 11:15am- 9:00pm *SEE GYM CLOSURES BELOW			
OPEN GYM 12:45pm-6:45pm		BODYPUMP® 5:00pm-6:00pm Laura	BODYPUMP® 6:00pm-6:45pm Laura	FACILITY CLOSURES BELOW			
BOLLYWOOD FITNESS 7:00pm-8:00pm Deepti	POUND® 6:15pm-6:45pm Laura	ZUMBA® 7:00pm-8:00pm Rachelle	FACILITY CLOSURES BELOW				
OPEN GYM 8:15pm-9:00pm	BOLLYWOOD FITNESS 7:00pm-8:00pm Deepti	OPEN GYM 8:15pm-9:00pm			FACILITY CLOSURES BELOW		

FACILITY SCHEDULE
Monday—Friday 5:00am–9:00pm
Saturday—7:00am–7:00pm
Sunday—8:00am–6:00pm

***SM GYM RESERVED**
NOV 27
Birthday Party
12:30-3:00pm