



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYM

Room Schedule for March 2023

All times subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00-6:45am	Open Gym 5:00-6:45am	Open Gym 5:00-6:45am	Open Gym 5:00-6:45am		FACILITY OPENS AT 7:00AM	
Badminton 7:00-9:45am	Pickleball 7:00-9:45am	Open Gym 7:00-9:45am	Pickleball 7:00-9:45am	Open Gym 5:00-12:30pm	Open Gym 5:00-6:45am	FACILITY OPENS AT 8:00AM
Badminton 7:00-9:45am	Pickleball 7:00-9:45am	Badminton 7:00-9:45am	Badminton-Family 8:00-11:00am		Badminton 7:00-12:30pm	Badminton-Family 8:00-11:00am
ZUMBA® 10:00-11:00am Rachelle	ZUMBA® 10:00-11:00am Rachelle	ZUMBA® 10:00-11:00am Angie	ZUMBA® 10:00-11:00am Rachel		ZUMBA® 10:00-11:00am Shanyn	Open Gym 11:15-6:00pm
Open Gym 11:15-12:45pm	STRONG NATION® 11:15am-12:15pm Rachel		STRONG NATION® 11:15am-12:15pm Rachel	Pickleball 1:00-3:00pm		
Pickleball 1:00-3:00pm	Open Gym 12:30-6:45pm	Open Gym 11:15-9:00pm	Open Gym 12:30-9:00pm	Open Gym 12:30-5:15pm	Open Gym 3:15-9:00pm	Open Gym 11:15-7:00pm
Open Gym 3:15-5:15pm						
Badminton-Family 5:30-9:00pm	ZUMBA® 7:00-8:00pm Rachel		Volleyball 5:30-9:00pm	*SEE GYM CLOSURES BELOW		FACILITY CLOSURES
					FACILITY CLOSURES AT 7:00PM	FACILITY CLOSURES AT 6:00PM

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

***March 17**
Annual Fund Drive Event
AOA Extravaganza
11:00am-12:30pm
***March 30**
Annual Fund Drive Event
ZUMBA Heart of Gold
8:00-9:30PM



SMALL GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Room Schedule for March 2023

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Gym 5:00-6:00am	Open Gym 5:00-8:00am	Open Gym 5:00-6:00am	Open Gym 5:00-8:00am		FACILITY OPENS AT 7:00 AM	FACILITY OPENS AT 8:00 AM	
Bootcamp 6:15-7:15am Janis	Barbell Pump 8:15- 9:15am Diana	Bootcamp 6:15-7:15am Alison	Barbell Pump 8:15- 9:15am Diana	Open Gym 5:00-8:15am			
Open Gym 7:30-9:30am		Open Gym 7:30-9:30am					
Strength Training 10:00-11:00am Sue	*SEE GYM CLOSURES BELOW	Strength Training 10:00-11:00am Sue	Strength & Conditioning 10:00-11:00am Vicki	Cycle-Core 8:30-9:30am Tim	*SEE GYM CLOSURES BELOW	Open Gym 8:00-12:00pm	
AOA Circuit 11:30am- 12:30pm Sue		Body Pump® 11:15am- 12:15pm Jean	Open Gym 11:15am-5:45pm	Zumba® Toning* 10:00-11:00am Jean		Open Gym 7:00am-7:00pm	Game On! Birthday Parties 12:30-3:00pm
Open Gym 1:00-6:45pm		Open Gym 12:30-4:45pm					
Bollywood Fitness 7:00-8:00pm Deepti		Body Pump® 5:00-6:00pm Laura	Body Pump® 6:00-6:45pm Margaret	Open Gym 11:15am- 9:00pm	*SEE GYM CLOSURES BELOW	Open Gym 3:15-6:00pm *SEE GYM CLOSURES BELOW	
Open Gym 8:15-9:00pm		Pound® 6:15-6:45pm Laura	Zumba® 7:00-8:00pm Angie				
			Bollywood Fitness 7:00p-8:00pm Deepti	Open Gym 8:15-9:00pm	Open Gym 8:15-9:00pm	FACILITY CLOSURES BELOW	FACILITY CLOSURES BELOW

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

***March 7 & 21**
Family Time
11:30am-2:00pm

***March 1**
HOLI Celebration Event
7:00-8:00pm

***March 30**
Annual Fund Drive Event
Strength For a Cause
7:00-8:00PM

***March 17**
Family Night Scavenger Hunt
5:30-8:45pm
***March 24**
Parents' Night Out
7:00-9:00pm

***March 25**
Annual Fund Drive Event
Family Fun Event
11:00am-12:30pm

***March 26**
Annual Fund Drive Event
Yoga Under The Stars
7:00-8:30pm

* Wristband is required from the membership desk to attend this class.