



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LARGE GYM

## Room Schedule for May 2023

All times subject to change.

| MONDAY                                     | TUESDAY                                           | WEDNESDAY                               | THURSDAY                                          | FRIDAY                            | SATURDAY                                 | SUNDAY                           |
|--------------------------------------------|---------------------------------------------------|-----------------------------------------|---------------------------------------------------|-----------------------------------|------------------------------------------|----------------------------------|
| <b>Open Gym</b><br>5:00-6:45am             | <b>Open Gym</b><br>5:00-6:45am                    | <b>Open Gym</b><br>5:00-6:45am          | <b>Open Gym</b><br>5:00-6:45am                    | <b>Open Gym</b><br>5:00-6:45am    | FACILITY OPENS AT 7:00AM                 |                                  |
| <b>Badminton</b><br>7:00-9:45am            | <b>Pickleball</b><br>7:00-9:45am                  | <b>Open Gym</b><br>7:00-9:45am          | <b>Badminton</b><br>7:00-9:45am                   |                                   | <b>Open Gym</b><br>5:00-12:15pm          | <b>Pickleball</b><br>7:00-9:45am |
| <b>Zumba®</b><br>10:00-11:00am<br>Rachelle | <b>Zumba®</b><br>10:00-11:00am<br>Rachelle        | <b>Zumba®</b><br>10:00-11:00am<br>Angie | <b>Zumba®</b><br>10:00-11:00am<br>Rachel          | <b>Open Gym</b><br>5:00-12:15pm   | <b>Zumba®</b><br>10:00-11:00am<br>Shanyn | <b>Open Gym</b><br>11:15-6:00pm  |
| <b>Open Gym</b><br>11:15-12:15pm           | <b>StrongNation®</b><br>11:15am-12:15pm<br>Rachel | <b>Open Gym</b><br>11:15am-12:15pm      | <b>StrongNation®</b><br>11:15am-12:15pm<br>Rachel |                                   | <b>Badminton</b><br>7:00-12:30pm         |                                  |
| <b>Pickleball</b><br>12:30-3:00pm          | <b>Pickleball</b><br>12:30-3:00pm                 | <b>Pickleball</b><br>12:30-3:00pm       | <b>Pickleball</b><br>12:30-3:00pm                 | <b>Pickleball</b><br>12:30-3:00pm |                                          | <b>Open Gym</b><br>11:15-7:00pm  |
| <b>Open Gym</b><br>3:15-5:15pm             | <b>Open Gym</b><br>3:15-6:45pm                    | <b>Open Gym</b><br>3:15-9:00pm          | <b>Open Gym</b><br>3:15-9:00pm                    | <b>Open Gym</b><br>3:15-5:15pm    | <b>Open Gym</b><br>3:15-9:00pm           |                                  |
| <b>Badminton-Family</b><br>5:30-9:00pm     | <b>Zumba®</b><br>7:00-8:00pm<br>Rachel            |                                         |                                                   | <b>Volleyball</b><br>5:30-9:00pm  |                                          | FACILITY CLOSING AT 6:00PM       |

### FACILITY SCHEDULE

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



# SMALL GYM

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## Room Schedule for May 2023

All Times Subject to Change

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

### FACILITY SCHEDULE

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

### \*May 2, 16, & 30

Family Time  
11:30am-2:00pm

### \*May 19

Parents' Night Out  
7:00-9:00pm

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