

GYM SCHEDULE

July 26 – August 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 4:30-5:15 am	Open Gym 4:30-1:15 pm	Open Gym 4:30-5:15 am	Open Gym 4:30am- 1:15pm	Open Gym 4:30-5:15 am	Closed	Closed
Y Aerobics 5:15-6:00 am		Y Aerobics 5:15-6:00 am		Y Aerobics 5:15-6:00 am		
Open Gym 6:00-Noon		Adult Basketball 6:00-7:00 am		Adult Basketball 6:00-7:00 am	Open Gym 7:00-3:00 pm	
Lunch Buckets Noon-1:00 pm		Open Gym 7:00-Noon		Open Gym 7:00-11:00 am		
Strength & Cond. 1:00-2:00 pm	Sportsmetrics 1:30-2:30 pm	Lunch Buckets Noon-1:00 pm	Adult Basketball 11:00-Noon	Open Gym Noon-4:30 pm		
Open Gym 2:00-5:30 pm	Gym Closed 1:15-2:45	Strength & Cond. 1:00-2:00 pm	Adult Volleyball Noon-1:00 pm			
	Open Gym after July 29	Open Gym 2:30-9:30 pm	Sportsmetrics 1:30-2:30 pm	Strength & Cond. 1:00-2:00 pm	Closed	Closed
	Open Gym 2:45-5:30 pm		Gym Closed 1:15-2:45	Open Gym 2:00-8:30 pm		
Pilates/Ball 5:30-6:15 pm	Pilates/Ball 5:30-6:15 pm		Open Gym after July 29			
Open Gym 6:15-9:30 pm	Open Gym 6:15-9:30 pm		Open Gym 2:45-9:30 pm			

****Noon soccer may be held indoors on Tues/Thurs if raining (Noon-1:00 pm)**