

Summer Gymnasium Schedule

The Gym schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Fitness	<u>CardioKickboxing</u> 6:00-7:00pm	<u>Strength Training</u> 5:15-6:00 am <u>Express Sculpt</u> 6:05-6:35 am	<u>Zumba</u> 5:30 - 6:30pm <u>Cardio Kickboxing</u> 6:35 - 7:30 pm	<u>Strength Class</u> 5:15-6:00am <u>Express Sculpt</u> 6:05-6:35am			
Specialty Programs	<u>Summer Camp</u> 6:30am - 5:30pm	<u>Summer Camp</u> 6:30am-5:30pm Men's Basketball 5:45 - 7:45 pm	<u>Summer Camp</u> 6:30am-5:30pm	<u>Summer Camp</u> 6:30am-5:30pm Men's Basketball 5:45 - 7:45 pm	<u>Summer Camp</u> 6:30am-5:30pm		
Pick-Up Games						<u>Basketball 16+</u> 1:15 - 3:45 pm	
<u>Open Gym</u>	5:00-6:30 am 7:00-8:00 pm		5:00-6:30 am 7:30 - 8:00 pm		5:30 - 7:00 pm	8:00-1:15 pm	8:00-12:00 pm

Pick-Up Games

Members-Free
Non-Members-\$2 each

Gym Rules and Regulations

No food or drink allowed—water only
Return equipment to its proper place
If equipment is damaged please notify a manager A.S.A.P.
Any child under the age of 14 must be with an adult