



GYM SCHEDULE

Fall I | Session 5 | Sept 5 - Oct 30, 2022

as of 8.3.22

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-9:45 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM Ginna	Open Gym 6:30-8:45 AM	Open Basketball 6:30-9:45 AM	Morning Yoga 8-8:50 AM Adele	Open Gym 8-9:50 AM
		Gym Closed 15 minutes	Gym closed 15 minutes		Gym closed 10 minutes	
		Open Gym 8:05 AM-9:45 AM	Step 9 - 9:50 AM Maddi M		9 - 9:50 AM YMCA	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes		
Core Conditioning 10 - 10:50 AM Rebecca B.	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes	Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	
MG & Me Playdate 11 - 11:50 AM	MG&Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	Morning Yoga 11 - 11:50 AM Ginna	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	
					Gym Closed 10 Minutes	
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Anna	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Circuit Training 1 - 1:50 PM Carlos R.	12 - 1 PM YMCA
		1 - 1:50 PM YMCA	Gym Closed 15 minutes		Gym Closed 10 minutes	Gym Closed 30 Minutes
			Open Pickleball Adults 18+ 1 - 1:45 PM		Gym Closed 10 minutes	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 120 min.	Open Pickleball Adults 18+ 1:30 - 3:30 PM
Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-5 PM	Afterschool 2-3:15 PM	Afterschool 2-4 PM	Saturday Night Lights— Basketball Teens Ages 11-13 5-7 PM	
	Shotokan Karate Kids Ages 5-10 (beg) 4-5 PM		Rowe Scholars 3:30 - 5 PM	Instructional Youth Soccer-Ages 4-12 4 - 5 PM		Gym Closed
Instructional Youth Basketball -Beginner Ages 4-6 5-6 PM	Shotokan Karate Kids Ages 11-17 (beg) 5-6 PM	5 -6 PM YMCA	5 -6 PM YMCA	Youth Capoeira Ages 5-10 5 - 6 PM		
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Saturday Night Lights— Basketball Teens Ages 14-18 7-9 PM	
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Boot Camp 6:30 - 7:20 PM Mark	6 - 7 PM YMCA		
Open Basketball Adults 18+ 7:30-9:30 PM	Open Basketball Adults 18+ 7:30-9:30 PM	Open Pickleball Adults 18+ 7:30 - 9:30 PM	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:30 PM	Gym Closed 60 Minutes		
				Open Basketball Adults 18+ 8-9:30 PM		

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