



GYM SCHEDULE

Winter Session | Jan 2 - Feb 25, 2024

as of 11.20.23

* 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 10 minutes	
		Open Gym 8:05 AM-9:45 AM	Stretch & Release 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	Gym closed 25 minutes	Gym closed 10 minutes
Core Conditioning 10 - 10:50 AM Maddi M.	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.	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	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	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	Morning Yoga 11 - 11:50 AM Ginna	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 30 Minutes	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	Open Pickleball Adults 18+ 1 - 1:45 PM		Gym Closed 10 minutes	Gym Closed 30 Minutes
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	2 - 3 PM YMCA	Open Pickleball Adults 18+ 1:30 - 3:30 PM
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	Gym Closed
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball –Beginner Ages 4-6 4 - 5 PM	5 -6 PM YMCA	Instructional Youth Soccer-Ages 4-6 3 - 4 PM		
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Instructional Youth Basketball –Intermediate Ages 7-12 5-6 PM	Gym Closed 30 Minutes	Instructional Youth Soccer-Ages 7-12 4 - 5 PM		
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Gym Closed 30 Minutes	Boot Camp 6:30 - 7:20 PM Mark	Youth Capoeira Ages 5-10 5 - 6 PM	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM	Gym Closed 30 Minutes		
		Open Pickleball Adults 18+ 7:30 - 9:45 PM		Open Basketball Adults 18+ 6:30-9:45 PM		

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