



GYM SCHEDULE

Spring I Session | Feb 26 - Apr 28, 2024

as of 2.16.24

* Schedule changes are noted in red.



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

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