



GYM SCHEDULE

Fall I Session | Sept 2-Oct 27, 2024

as of 8.9.24

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN	
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM TBD	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 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
		Adult Basketball Ages 18+ 8:05 - 11:50 AM					Gym closed 10 minutes
Gym Closed 15 minutes	Gym Closed 15 minutes		Gym Closed 15 minutes				
	Gentle Yoga 10 - 10:50 AM Stefanie M.		Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.		Open Basketball 10 - 10:50 AM	
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	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	Morning Yoga 11 - 11:50 AM Runn	Gym Closed 15 Minutes		
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		
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM TBD	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				Open Pickleball Adults 18+ 1 - 1:45 PM
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 25 minutes	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 2-5 PM	Instructional Youth Soccer Ages 4-6 2:15-3:15 PM	Bday Party Rentals 3:30-4:30 PM	
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	Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-7 PM	Instructional Youth Soccer Ages 7-12 3:15-4:15 PM		
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Instructional Youth Basketball -Intermediat Ages 7-12 5-6 PM	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 45 min.	GYM CLOSED	
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 Zina	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 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	Open Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM		
		Open Pickleball Adults 18+ 7:30 - 9:45 PM					

