



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Winter Session | Jan 2-Feb 23, 2025

as of 11.25.24

* 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	Sunrise Yoga 7:00-7:50 AM TBD	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Sunrise 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			Open Basketball Adults 18+ 9 - 9:50 AM	
	Gym Closed 15 minutes		Gym Closed 15 minutes	Gym Closed 15 minutes		Gym closed 10 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.	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	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	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	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 Runn	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Gym Closed 30 Minutes	12 - 1 PM YMCA
		Gym Closed 15 minutes	Gym Closed 15 minutes			Circuit Training 1 - 1:50 PM Carlos R.
Gym Closed 15 minutes	Gym Closed 15 minutes	1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM	Gym Closed 30 minutes	Gym Closed 10 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	Instructional Youth Soccer Ages4-6 2:15-3:15 PM	2 - 3 PM YMCA	
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	Instructional Youth Soccer Ages7-12 3:15-4:15 PM	3 - 4:30 PM YMCA	Bday Party Rentals 3:30-4:30 PM
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Instructional Youth Basketball -Intermediat Ages 7-12 5-6 PM	Gym Closed 30 Minutes	Afterschool 2-4 PM	Gym Closed 30 min.	
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 Jon	Open Basketball Teens 13-17 5-7 PM	Saturday Night Lights—Basketball Teens Ages11-14 5-7 PM	GYM CLOSED
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	Saturday Night Lights—Basketball Teens Ages15-18 7-9 PM	
		Open Pickleball Adults 18+ 7:30 - 9:45 PM		Open Basketball Adults 18+ 7:30-9:45 PM		



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