


Fall Open Gym Schedule

September 11 – December 2017

*Open Gym times may change due to rentals.
Please check with the Membership Services for times. * Additional Charge for this class*

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 -7:30am Open Gym	5:30 -7:30am Open Gym	5:30 -7:30am Open Gym	5:30 -7:30am Open Gym	5:30 -7:30am Open Gym	7:00am -11:30pm Open Gym	7:00am – 10:00am Open Gym
7:30-12:00 pm Open Gym	7:30-12:00 pm Open Gym	7:30-12:00 pm Open Gym	7:30-12:00 pm Open Gym	7:30-12:00 pm Open Gym	11:30 – 2:00 pm Open Gym	Rental 10:00 – 11:30am
12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness		Last Sunday of the month Family Thrive Event 11:45 – 2:30pm
1:00 – 5:30pm Open Gym	1:00 – 3:00pm Drop-in Pickle Ball	1:00 – 5:30 Drop-In Gym	1:00 – 3:00pm Drop-in Pickle Ball	1:00 – 6:00pm Drop-in Gym		
Strength & Conditioning Class 5:30 -6:30pm	Open Gym 3:00 – 5:30pm	Zumba 6:00 – 7:00pm	Open Gym 3:00 – 5:30pm	6:00 – 9:30pm Drop-in Basketball 	Birthday Parties 2:00 – 4:00 pm	Kendo 3:00 – 5:00PM
	Youth Multi Sport 5:30 -6:15pm	7:00 – 9:00pm Kendo	Zumba 5:30 – 6:30pm			
Community Group 7:00-8:30pm	6:30– 9:30pm Karate	9:00 – 10:00pm Drop-in Gym	6:30 – 9:30pm Karate		Open Gym 4:00 – 7:00pm	Open Gym 5:00 – 7:00pm
Rental 8:30 – 10:00pm	9:30 – 10:00pm Open Gym		9:30 – 10:00pm Open Gym			