



Gym Schedule

Early Spring Session (Feb. 28 – May 1, 2010)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am Sunrise Yoga Meredith		6:00 – 7:00 am Sunrise Yoga Meredith			
Adult Hoops 8:00 – 12:00 noon	8:45 – 9:30 am Dance Aerobics Annette	9:15 – 10:00 am SilverSneakers MSROM Annette	8:45 – 9:30 am Dance Aerobics Annette	9:15 – 10:00 am SilverSneakers MSROM Annette	8:45 – 9:30 am Dance Aerobics Annette	9:00 – 9:30 am Pee Wee Soccer
	9:35 – 10:20 am Body Conditioning Annette	10:00 – 10:45 am Zumba Jody	9:35 – 10:20 am Body Conditioning Annette	10:00 – 10:45 am Zumba Jody	9:35 – 10:20 am Body Conditioning Annette	9:35 – 10:20 am Instructional Soccer
	10:45 – 11:30 am SilverSneakers MSROM Annette	11:05 – 12:00 noon YogaStretch Monique	10:45 – 11:30 am SilverSneakers MSROM Annette	11:05 – 12:00 noon YogaStretch Monique	10:45 – 11:30 am SilverSneakers MSROM Annette	10:30 – 11:15 am Pee Wee T-Ball
Open Gym 12:00 – 2:00 pm	11:30 – 12:15 p.m. Cardio Circuit Annette	12:00 – 12:45 pm Pee Wee Tumblers	11:30 – 12:15 p.m. Cardio Circuit Annette	12:00 – 12:45 pm Pee Wee Tumblers (Sports and Splash)	11:30 – 12:15 p.m. Cardio Circuit Annette	12:30 – 1:30 pm Youth Basketball
Teen Pickup Basketball Ages 13 – 15 2:00 – 4:00 pm	12:30 – 2:00 pm Adult Hoops	12:45 – 2:00 pm Adult Hoops	12:30 – 2:00 pm Adult Hoops	12:45 – 2:00 pm Adult Hoops	12:30 – 2:00 pm Adult Hoops	1:30 – 2:15 pm Open Gym
	2:00 – 5:30 pm Open Gym	2:00 – 6:45 pm Open Gym	12:30 – 2:00 pm Adult Hoops	2:00 – 5:45 pm Open Gym	2:00 – 5:15 pm Open Gym	2:00 – 4:00 pm Teen Pickup Basketball Ages 13 - 15
Open Gym 4:00 – 5:00 pm	5:45 – 6:15 pm Pee Wee Basketball Ages 5 – 6		6:30 – 7:45 pm Zumba PLUS!	6:00 – 6:45 pm Pee Wee Champs (Sports and Splash)	5:30 – 6:00 pm Pee Wee Hockey	4:00 – 5:00 pm Youth Badminton
	6:30 – 7:45 pm Zumba PLUS!			6:45 – 10:00 pm Open Gym	6:15 – 7:00 pm Floor Hockey Ages 6 – 8	5:00 – 7:00 pm Adult Badminton
	7:45 – 10:00 pm Open Gym	7:15 – 8:15 pm Floor Hockey Ages 9 - 11				
		7:45 – 10:00 pm Open Gym/Teen PickupBasketball Ages 16 - 18	8:30 – 10:00 pm Open Gym			