

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7 a.m.		Boot Camp 5:45-6:45am	Adult Open Gym 5:30-8:30am	Boot Camp 5:45-6:45am	Adult Open Gym 5:30-8:30am	Boot Camp 5:45-6:45am	Open Gym 7:00-9:30am	
		Adult Open Gym 6:45-8:15am		Adult Open Gym 6:45-8:15am		Adult Open Gym 6:45-8:15am		
8 a.m.	Open Gym 8:00am-12:00pm	Silver Sneakers Muscular Strength ½ 8:15-9:15 am	Silver Sneakers Muscular Strength ½ 8:15-9:15 am	Silver Sneakers Muscular Strength ½ 8:15-9:15 am	Silver Sneakers Muscular Strength ½ 8:15-9:15 am	Silver Sneakers Muscular Strength ½ 8:15-9:15 am	Silver Sneakers Muscular Strength ½ 8:00-9:00 am	
9a.m.		Silver Sneakers Muscular Strength ½ 9:30-10:30am	Silver Sneakers Cardio Circuit ½ 9:30-10:30am	Silver Sneakers Muscular Strength ½ 9:30-10:30am	Silver Sneakers Cardio Circuit ½ 9:30-10:30am	Silver Sneakers Muscular Strength ½ 9:30-10:30am	Growing Up Fit ½ 9:30-10:30	
10 a.m.		Silver Sneakers Cardio Circuit ½ 10:30-11:15am	Playgroup ½ 9:30-10:00am Superchamps ½ 10:00-10:45	Silver Sneakers Cardio Circuit ½ 10:30-11:15am Nursery Rhyme Time ½ 10:45-11:30am	Interval Training ½ 10:45-11:30am	Sports and Splash ½ 10:00-10:45pm Silver Sneakers Cardio Circuit ½ 10:30-11:15am	Superchamps ½ 10:00-10:45am	
11 a.m.		Kinder Connection ½ 11:00-11:30am	Interval Training ½ 10:45-11:30am	Kids in Motion 11:30-12:15pm				Open Gym 11:30am-12:00pm
12 p.m.		Lunch Hoops ½ 12:00-1:00pm	Lunch Hoops ½ 12:00-1:00pm	Lunch Hoops ½ 12:00-1:00pm	Lunch Hoops ½ 12:00-1:00pm	Lunch Hoops ½ 12:00-1:00pm	Lunch Hoops ½ 12:00-1:00pm	Gymnastics Level I ½ 12:00-1:00pm
1 p.m.	Family Open Gym 1:00-4:30pm	Open Gym 1:00pm-5:45pm	Silver Sneakers Muscular Strength ½ 1:30-2:30pm	Open Gym 1:00-5:30pm	Silver Sneakers Muscular Strength ½ 1:30-2:30pm	Open Gym 1:00-6:00pm	Gymnastics Level II ½ 1:00-2:00pm	
2 p.m.			Open Gym 1:30-4:30pm					
3 p.m.			Teen Volleyball ½ 4:30-5:30pm	Open Gym 2:30-5:45pm	Pee Wee Soccer ½ 5:45-6:30pm		Pee Wee Basketball ½ 5:45-6:30pm	Open Gym 3:00-6:45pm
4 p.m.			Pee Wee Hockey ½ 5:45-6:30pm					
5 p.m.	Adult Soccer League 4:30-7:00pm	Pee Wee Hockey ½ 5:45-6:30pm	League Practice ½ 6:00-7:00pm	Youth Soccer 6-10 ½ 6:30-7:30pm	League Practice ½ 6:00-7:30pm	Tae Kwon Do I ½ 5:30-6:15pm	Open Gym 3:00-6:45pm	
6 p.m.			Youth Hockey 6-7 ½ 6:30-7:30pm	League Practice ½ 7:00-8:00pm	Youth Basketball 6-7 ½ 6:30-7:30pm	Tae Kwon Do II ½ 6:30-7:15pm Sports and Splash ½ 7:15-8:00pm		
7p.m.	Closed 6:45	Adult Volleyball 18+ 7:30-10:15pm	League Practice ½ 7:00-8:00pm	Adult Pick Up Basketball 30+ 8:30-10:15pm	Youth Basketball 8-10 ½ 7:30-8:30pm	Open Gym 8:00-10:15pm	Closed 6:45pm	
8 p.m.	Youth Hockey 8-10 ½ 7:30-8:30pm		Open Gym 8:30-10:15pm					
9 p.m.	Open Gym 8:30-10:15pm		Closed 10:15pm	Closed 10:15pm	Closed 10:15pm	Closed 10:15pm		
10:15 p.m.	Closed 10:15pm							

* Any times that ½ the gym is programmed, the other ½ is “open” gym unless otherwise specified.