







Spring/Summer Gym Schedule

Effective April 24, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15am-6:15am Grind 21 Workshop*		5:15am-6:15am Grind 21 Workshop*		5:15am-6:15am Grind 21 Workshop*	
	6:15am-8:30am Open Gym	5:15am-8:30am Open Gym	6:15am-8:30am Open Gym	5:15am-8:30am Open Gym	6:15am-8:30am Open Gym	7:00am-8:30am Open Gym
	8:30am-9:30am Hi-Lo Infusion	8:30am-9:30am Yoga With Static Stretching	8:30am-9:30am Yoga with Robin	8:30am-9:30am Yoga with Robin	8:30am-9:30am Hi-Lo Infusion	8:30am-9:30am Flex & Flow Yoga
9am-10am Vinyasa Yoga						
10am-1pm Open Gym	10am-12pm Pickleball	10am-2pm Adult Recreation	10am-12pm Pickleball	10am-12pm Pickleball	10am-12pm Pickleball	9:30am-3pm Open Gym
	12pm-2pm Adult Recreation		12pm-2pm Adult Basketball	12pm-2pm Adult Recreation	12pm-2pm Adult Recreation	
	2pm-4pm Pickleball	2pm-4pm Pickleball	2pm-4pm Pickleball	2pm-4pm Pickleball	2pm-4pm Pickleball	
					4pm-5:30pm Open Gym	
	4:30pm-5:30pm Yoga Stretch	4:30pm-6:30pm Youth Sports Programs	4:30pm-5:30pm Yoga Stretch	4:30pm-6:30pm Youth Sports Programs		
	5:30pm-8pm Pickleball		5:30pm-6:30pm Strength and Stretch		5:30pm-8pm Pickleball	
		6:30pm-8pm Open Gym	6:30pm-8pm Open Gym	6:30pm-8pm Open Gym		

 Adult Basketball	 Fitness/Yoga Classes	 Adult Recreation – table tennis, cornhole, etc.
 Pickleball	 Youth Sports Programs	 Open Gym

*These fitness classes are at an additional cost to your membership.