



GYM SCHEDULE

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	8:30am - 9:30am Drumming	8:30am - 9:30am Yoga	8:30am - 9:30am Hi Lo Infusion	8:30am - 9:30am Flex and Flow Yoga
9:30am - 1:00pm Open Gym	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	9:30am - 3:00pm Open Gym
	11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball	
	1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym	
	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	
	4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:00pm - 8:00pm Open Gym	
	5:30pm - 8:00pm Open Gym	6:00pm - 8:00pm Pickleball	6:00pm - 8:00pm Gym Rental	6:00pm - 8:00pm Pickleball		

GROUP EXERCISE CLASS DESCRIPTIONS

Flex & Flow Yoga Series

Join on Saturdays for a class featuring a variety of yoga poses and stretches. A wonderful Saturday morning class. **All levels**

Hi-Lo Infusion

Hi-Lo combines fun basic high and low impact choreography that's easy to follow and is guaranteed to burn lots of calories. **All levels**





GROUP EXERCISE CLASS DESCRIPTIONS CONTINUED

Yoga Stretch

Join Yoga Stretch for this gentle to moderate yoga class to open your body with gentle stretching. You will strengthen your core, increase flexibility, and find relaxation. Bring a yoga mat, 2 yoga blocks, a yoga strap, and a beach towel. **Beginner/Intermediate**

Yoga with Static Stretching

A full body warm up, followed by a floor series that works the entire body that alternately strengthens the spine, stabilizes the core, flexes the hips, and facilitate bending and final savasana. **All levels**

Yoga

We believe Yoga revitalizes the body and develops the power of the mind. The results are achieved using stretching, balance, strength exercises, breathing, and meditation. Come join us and a sense of well-being will be the result. **All levels**

Strength and Stretch Yoga

Join in this fun strength and yoga stretch class which incorporates yoga, Pilates, strength, and balancing moves for a full body workout. Using our own body weight, balls, weights, resistance bands, and more to increase flexibility, strength, and balance. **Beginner/Intermediate**

Adult Boxing

Step into the ring and unleash your inner champion in our BOXING class. This dynamic session combines precision-focused mitt work, powerful heavy bag drills, and lightning-fast speed bag exercises to sharpen your boxing skills. With an emphasis on conditioning, agility, and speed, you'll leave each class feeling both empowered and in peak physical form, ready to conquer any challenge that comes your way. **All levels**