

June



Monday				Tuesday				Wednesday			
5:45am	Early Bird Burn	Tassie	S1	5:45am	High Fitness	Natalie	S1	5:45am	Early Bird Burn	Natalie	S1
6:00am	Cycle	Donna	S2	6:30am	Pilates	Karen	S2	6:00am	Cycle	Katina	S2
8:30am	Cycle	Mindy	S2	8:00am	Body Sculpt	Dana	S1	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Natalie	S1	9:10am	Strength and Stretch	Katy	Gym	9:00am	Posture Perfect	Beth	S1
10:00am	Aqua Fitness	Sara C.	Pool	9:10am	Step	Dana	S1	9:10am	Cardio Kickboxing	Katy	Gym
10:15am	Yoga	Sondra	S2	9:15am	Movement Based Flexibility	Beth	S2	10:00am	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	S1	10:00am	Aqua Fitness	Bob	Pool	10:15am	Yoga	Sondra	S1
12:30pm	MRA	Bob	S1	10:15am	Body Sculpt	Sara C	S1	11:30am	Tai Chi-Beginner	Florin	S1
4:30pm	Masters Swim		Pool	10:20am	Yoga 2	Gina M.	S1	4:00pm	Pickleball Open Play		Gym
5:30pm	Masters Swim		Pool	5:45pm	Total Body Conditioning	Danielle	S1	6:00pm	Yoga	Sondra	S1
5:30pm	Pilates	Karen	S1								
6:30pm	YogaFlow	Karen	S1								
Basketball Gym Open Hours				Basketball Gym Open Hours				Basketball Gym Open Hours			
OPEN	4:00pm-5:30pm			OPEN	11:00am-12:00pm			OPEN	2:30pm-3:00pm		
PICKLE	5:30pm-7:30pm			OPEN	4:00pm-7:30pm			PICKLE	4:00pm-7:30pm		
Thursday				Friday				Saturday			
6:30am	Body Sculpt	Gina P.	S1	5:45am	Early Bird Burn	Tassie	S1	8:30am	Hi/Lo	Natalie	S1
9:10am	High Fitness	Natalie	S1	6:00am	Cycle	Renae	S2	8:30am	Good Morning Yoga	Tiana	S2
9:10am	Barre Bootcamp	Katy M.	Gym	7:45am	Pilates	Karen	S1	10:00am	Dance Explosion	Karen	S1
10:00am	Aqua Fitness	Bob	Pool	8:00am	Cycle	Mindy	S2	11:15am	Total Body Conditioning	Danielle	S1
10:15am	Tone to the Bone	Sara C.	S1	9:10am	Connective Stretch	Beth	S2	10:00am	Pickleball Open Play		Gym
4:30pm	Masters Swim		Pool	9:10am	Chisel	Tassie	S1		Sunday		
5:30pm	Masters Swim		Pool	10:15am	Posture Perfect	Beth	S2	2:00pm	Pickleball Open Play		Gym
6:00pm	YogaFlow	Karen	S2	11:30am	Tai Chi-Chen Style	Florin	S1				
				12:30pm	MRA	Bob	S1				
Basketball Gym Open Hours				Basketball Gym Open Hours							
OPEN	11:00am-12:00pm			OPEN	4:00pm-7:30pm						
OPEN	4:00pm-7:30pm			Gym Availability Subject To Change With Sports Schedule							