



Fall Session 1, 2025 GYM SCHEDULE - 09/2/25 - 10/26/25 (SUBJECT TO CHANGE)

PROGRAMS SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MORNING PROGRAMS

Open Gym S. Gym	8am - 2: 45pm	8am - 2: 45pm	8am - 2: 45pm	6 am - 3: 45pm, & 6: 45p - 8:45p	6 am - 4:30 pm	8am - 8:45pm	7am - 8:45am & 11:15a - 2: 45p
Open Gym N. Gym	9:30am - 12:45pm	6 am - 8: 15am, 10: 45a - 5:45p, & 7:15-8: 45p	6 am - 9: 15am, & 10:45a - 8:45p	6 am - 8: 15am, 2p - 5: 45p, & 7:15- 8:45p	6 am - 8: 15am, & 10: 45a - 6:30p	6 am - 9: 15am, & 2p - 8:45p	7am - 7: 45am, & 11: 15a - 11:45a
Group Exercise Classes	Indoor Cycle N. Gym 8: 00-9:00a	Club Remix N. Gym 8: 30-9:15a		Club Remix N. Gym 8:30- 9:15a	Club Remix N. Gym 8: 30-9:15a		Boot Camp N. Gym 8:00 - 9:00a
Karate Unlimited		Boot Camp N. Gym 9:30 - 10: 30a	Cardio Blast N. Gym 9:30 - 10: 30a	Boot Camp N. Gym 9: 30 - 10:30a	Interval Training N. Gym 9:30 - 10: 30a	Cardio Blast N. Gym 9:30 - 10:30a	Karate Unlimited Full Gym 8:45a -11a
PickleBall Reservations				Pickleball N. Gym 11 am - 2pm		Pickleball N. Gym 11 am - 2pm	

EVENING PROGRAMS

Youth Programming	N. Gym Youth Basketball (3-9yrs) 4:15-5: 00-5:45p (10-13yrs) 6:00-7:45p			S. Gym Little kickers (3-5yrs.) 4-4: 35p Youth Soccer (6- 9yrs.) 4:45p- 5:30p (10- 13yrs.) 5: 45p-6:30p	S. Gym Youth VolleyBall (6-9yrs) 4: 45p-5:30p (10-13yrs.) 5:45p-6:30p		S. Gym Little Ballers (3-5yrs.) 12: 15-12:45p Youth Basketball (6- 9yrs.) 1:00p- 1:45p (10- 13yrs.) 2: 00p-2:45p
Co-Ed Volleyball League		Strength & Tone N. Gym 6:00 - 7:00p		Strength & Tone N. Gym 6:00 - 7:00p	Full Gym Co-Ed Volleyball League 18+yrs.		