



# 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 (6-9yrs) 1-1:45p (10-13yrs) 2-2:45p			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.		