

GYMNASTICS CENTER SCHEDULE

July 26 – August 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit for Life 6:00-6:45 am		Fit for Life 6:00-6:45 am		Fit for Life 6:00-6:45 am		Closed
					Family Open Gym 7:00-3:00 pm	
Silver Sneakers Cardio Circuit 9:00-10:00 am		Silver Sneakers Range of Motion 9:00-10:00 am		Silver Sneakers Range of Motion 9:00-10:00 am		
	Team Optionals 9:00-Noon		Team Optionals 9:00-Noon			
Get on the Ball 12:15-1:00 pm	Zumba 12:15-1:00 pm	Drums Alive 12:15-1:00 pm	Circuit Training 12:15-1:00 pm	Family Open Gym Noon-8:00 pm		Family Open Gym Noon-4:00 pm
Speed & Agility 2:00-2:30 pm	Team Levels 3-5 1:30-4:00 pm	Speed & Agility 2:00-2:30 pm	Team Levels 3-5 1:30-4:00 pm			Closed
		Last class Aug. 4				
	Flip & Float 4:00-4:30 pm		Rollers 4:00-4:30 pm			Closed
	Swingers Levels 1-2-3 4:30-5:30 pm		Swingers Levels 1-2-3 4:30-5:30 pm			
Drums Alive 5:15-6:00 pm	Boot Camp 5:30-6:30 pm		Boot Camp 5:30-6:30 pm			
Zumba 6:15-7:00 pm						

Must sign up for Family Open Gym at the Front Desk.