

MARTENS GYM SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:30 AM							
6:00 AM	CARDIO STEP 6-6:30 TAMATHA		CARDIO STEP 6-6:30 TAMATHA				
6:30 AM	TONED & TIGHT 6:30-7 TAMATHA		TONED & TIGHT 6:30-7 TAMATHA				
7:00 AM							
7:15 AM	OPEN						
8:00 AM							
8:30 AM							
8:45 AM		BODY PUMP 8:45-9:30 ANITA		KETTLE CLASS 9-9:30 ALYSSHA			
9:00 AM							
9:25 AM							
9:30 AM							
9:45 AM		STRONG SENIORS		STRONG SENIORS			
10:00 AM	YOGA 4 HEALTH 10:05-10:35 JACQUIE	9:45-10:30	YOGA 4 HEALTH 10:05-10:35 JACQUIE	9:45-10:30	BODY PUMP 10-10:30 ANITA		
10:30 AM		SILVER SNEAKERS		SILVER SNEAKERS			
10:35 AM							
10:45 AM	OPEN	10:30-11:15 MISTY	OPEN	10:30-11:15 MISTY	OPEN		
11:00 AM							
11:15 AM		SILVER SNEAKERS		SILVER SNEAKERS			
11:30 AM		11:15-12 MISTY		11:15-12 MISTY			
Noon							
12:30 PM							
12:45 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
5:35 PM	MUSCLE MIX		MUSCLE MIX				
5:45 PM		BODY SHOP 5:45-6:30 HEATHER		BODY SHOP 5:45-6:30 HEATHER			
6:00 PM	5:35-6:05 MICH		5:35-6:05 MICH				
6:10 PM	JUST KICKIN IT 6:10-7:05 LAURIE		JUST KICKIN IT 6:10-7:05 LAURIE				
6:30 PM							
7:00 PM		OPEN		OPEN			
7:05 PM							
8:00 PM	OPEN		OPEN				
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10	0	CLOSE @ 4

OPEN GYM AVAILABLE FOR BASKETBALL AND OTHER ACTIVITIES

