






**MARTENS GYM SCHEDULE  
SUI & SU II 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	General Open	General Open	General Open	General Open	General Open		
5:30 AM						General Open	
6:00 AM							
6:30 AM	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp		
7:00 AM							
7:30 AM							
8:00 AM						Slow Burn Yoga (8:00-8:45)	
8:30 AM	Silver Sneakers(9:00-9:45)	Body Pump (8:45-9:30)	silver sneakers(9:00-9:45)	Just Kettle Bell (9:00)	General Open	Zumba (8:45-9:40)	
9:00 AM				Strong Seniors (9:45-10:30)			
9:30 AM							
10:00 AM	Yoga 4 Health (10:05-10:35)		Yoga 4 Health (10:05-10:35)	Silver Sneakers (10:35)			
10:30 AM	General Open	Silver Sneakers (10:35)	General Open	Silver Sneakers (11:25-12:10)			
11:00 AM							
11:30 AM							
Noon		General Open		General Open			Noon
12:30 PM		Parkinson's ( 12:45-1:30)		Parkinson's ( 12:45-1:30)			General Open
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM		2:15		2:15			
3:00 PM		General Open				Closes @ 3:00 PM	
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Muscle Mix (5:35)	Body Shop (5:45-6:30)	Muscle Mix (5:35)	Body Shop (5:45-6:30)			
6:00 PM	Just Kickin' It (6:10-7:05)	General Open	Just Kickin' It (6:10-7:05)	General Open			
6:30 PM							Close @ 6:00 PM
7:00 PM	General Open		General Open				
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	10:00 PM

Open Gym Available for Basketball and other Activities