







**MARTENS GYM SCHEDULE**  
Winter, Spring I, & Spring 2 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	General Open	General Open	General Open	General Open	General Open			5:00 AM
5:30 AM	General Open	General Open	General Open	General Open	General Open			5:30 AM
6:00 AM	General Open	General Open	General Open	General Open	General Open	General Open		6:00 AM
6:30 AM	General Open	General Open	General Open	General Open	General Open	General Open		6:30 AM
7:00 AM	General Open	General Open	General Open	General Open	General Open	General Open		7:00 AM
7:30 AM	General Open	General Open	General Open	General Open	General Open	General Open		7:30 AM
8:00 AM	Silver Sneakers	General Open	Silver Sneakers	General Open	General Open	Zumba Classic		8:00 AM
8:30 AM	Silver Sneakers	General Open	Silver Sneakers	General Open	General Open	Zumba Classic		8:30 AM
9:00 AM	Boom Muscle	General Open	Boom Move	General Open	General Open	Zumba Strong @ 8:50		9:00 AM
9:30 AM	Boom Muscle	Strong Seniors	Boom Move	Strong Seniors	General Open	General Open		9:30 AM
10:00 AM	Yoga 4 Health	Strong Seniors	Yoga 4 Health	Strong Seniors	General Open	General Open		10:00 AM
10:30 AM	Yoga 4 Healt	Silver Sneakers (10:35)	Yoga 4 Health	Silver Sneakers (10:35)	General Open	General Open		10:30 AM
11:00 AM	Silver Cardio	Silver Sneakers	Silver Cardio	Silver Sneakers	General Open	General Open		11:00 AM
11:30 AM	Silver Cardio	Silver Sneakers(11:25)	Silver Cardio	Silver Sneakers (11:25)	General Open	General Open		11:30 AM
Noon	General Open	TRX @ 12:15pm	General Open	TRX @ 12:15pm	General Open	General Open		Noon
12:30 PM	General Open	TRX	General Open	TRX	General Open	General Open		12:30 PM
1:00 PM	General Open	Parkinsons	General Open	Parkinsons	General Open	General Open	General Open	1:00 PM
1:30 PM	General Open	Parkinsons	General Open	Parkinsons	General Open	General Open	General Open	1:30 PM
2:00 PM	General Open	Parkinsons til 2:15pm	General Open	Parkinson til 2:15pm	General Open	General Open	General Open	2:00 PM
2:30 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	2:30 PM
3:00 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	3:00 PM
3:30 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	3:30 PM
4:00 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	4:00 PM
4:30 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	4:30 PM
5:00 PM	General Open	General Open	General Open	General Open	General Open	General Open	General Open	5:00 PM
5:30 PM	Pound	Body Shop	General Open	Body Shop	General Open	General Open	General Open	5:30 PM
6:00 PM	Just Kickin' It	Body Shop	Just Kickin' It	Body Shop	General Open	Close @ 6:00 PM	Close @ 6:00 PM	6:00 PM
6:30 PM	Just Kickin' It	General Open	Just Kickin' It	General Open	General Open			6:30 PM
7:00 PM	General Open @7:15p	General Open	General Open @ 7:15p	General Open	General Open			7:00 PM
7:30 PM	General Open	General Open	General Open	General Open	General Open			7:30 PM
8:00 PM	General Open	General Open	General Open	General Open	General Open			8:00 PM
8:30 PM	General Open	General Open	General Open	General Open	General Open			8:30 PM
9:00 PM	General Open	General Open	General Open	General Open	General Open			9:00 PM
9:30 PM	General Open	General Open	General Open	General Open	General Open			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			10:00 PM

Open Gym Available for Basketball  
and other Activities

\*GYM SCHEDULE IS SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE \*