



FULTON GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00					HIIT		CLOSED			
5:15					5:30-6AM					
5:30		BODY PUMP		BODY PUMP		OPEN GYM				
6:00	BODY PUMP	W/CARRIE	BODY PUMP	W/CARRIE						
6:30	W/CARRIE		W/CARRIE							
7:00										
7:30										
7:45			OPEN GYM							
8:00	OPEN GYM	STRETCH	OPEN GYM	STRETCH						
8:15		FOR FLEX		FOR FLEX						
8:30		8-8:45	CORE	8-8:45						
8:45			& STRETCH							
9:00		BODY PUMP	8:30-9:15	BODY PUMP						
9:15										
9:30	the Y	BODY PUMP		BODY PUMP	the Y	OPEN GYM				
9:45	INSTRUCTORS	9-10:15	ROCK &	9-10:15	INSTRUCTORS					
10:00	CHOICE		RHYTHM		CHOICE					
10:15										
10:30	ADULT OPEN GYM (18+)									
11:00					10:30 - 1:30PM					
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00						OPENS @				
1:15						100				
1:30						OPEN GYM				
1:45	OPEN GYM									
2:00										
2:15										
2:30										
2:45										
3:00					TEEN OPEN GYM (13-17)				CLOSED	
3:15	3PM-5PM									
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00						CLOSES				
5:15						@ 5PM				
5:30	OPEN GYM					CLOSED				
5:45										
6:00										
6:15										
6:30										
6:45										
7:00							OPEN			
7:15							VOLLEYBALL			
7:30							7:00PM -			
7:45							8:45PM			
8:00										
9:00	Monday-FRIDAY Close @ 9PM SATURDAY Close @ 4PM SUN @ 5PM									