



# FULTON GYM

EFFECTIVE SEPTEMBER 1, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00					<b>HIIT</b> 5:30-6AM
5:15					
5:30		BODY PUMP		BODY PUMP	OPEN GYM
6:00	BODY PUMP W/CARRIE	W/CARRIE	BODY PUMP W/CARRIE	W/CARRIE	
7:00	BODY PUMP W/CARRIE		BODY PUMP W/CARRIE		
7:30	OPEN GYM		OPEN GYM		
7:45					
8:00	OPEN GYM	STRETCH FOR FLEX		STRETCH FOR FLEX	
8:15		8-8:45		8-8:45	
8:30			CORE & STRETCH		
8:45			8:30-9:15		
9:00		BODY PUMP		BODY PUMP	INSTRUCTORS Choice
9:15	INSTRUCTORS Choice	9-10:15	ROCK & RHYTHM	9-10:15	
9:30					
9:45	9:15am-10:15am			9:15am-10:15am	
10:00		Silver Sneakers Circuit		Silver Sneakers Circuit	
10:15		10:15am-11am		10:15am-11am	
10:30					
11:00					
11:30					
11:45					
12:00					
12:15					
12:30	<b>OPEN GYM</b>				
12:45					
1:00					
1:15					
1:30					
1:45					
2:00					
2:15					
2:30					
2:45					
3:00	<b>TEEN OPEN GYM (13-17)</b> 3PM-5PM				
3:15					
3:30					
3:45					
3:45					

OPEN GYM

4:00  
4:15  
4:30  
4:45  
5:00  
5:15  
5:30  
5:45  
6:00  
6:15  
6:30  
6:45  
7:00  
7:15  
7:30  
7:45  
8:00  
9:00

OPEN GYM

Basketball  
League  
6:30pm-8:30pm

OPEN  
VOLLEYBALL  
7:00PM -  
8:45PM

Monday-FRIDAY Close @ 9PM | SATURDAY Close @ 4PM | SUN @ 5PM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Saturday	Sunday
	C
O P E N  G Y M	L O S E D
	OPENS @ 1:00  OPEN GYM  CLOSES @ 5PM

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