



FULTON GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFECTIVE NOVEMBER 11, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT 5:30-6AM	O P E N G Y M	C L O S E D
5:15							
5:30		BODY PUMP		BODY PUMP			
6:00	BODY PUMP W/CARRIE	BODY PUMP W/CARRIE	BODY PUMP W/CARRIE	BODY PUMP W/CARRIE			
7:00	BODY PUMP W/CARRIE		BODY PUMP W/CARRIE				
7:30					OPEN GYM		
7:45	OPEN GYM		OPEN GYM				
8:00		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			
9:15		9-10:15		9-10:15			
9:30	INSTRUCTORS Choice		ROCK & RHYTHM		INSTRUCTORS Choice		
9:45							
10:00	9:15am-10:15am				9:15am-10:15am		
10:15		Silver Sneakers		Silver Sneakers			
10:30		Circuit		Circuit			
11:00		10:15am-11am		10:15am-11am			
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00						OPENS @ 1:00	
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00						OPEN GYM	
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45		FCBA Basketball	FCBA Basketball				
6:00		5:30pm to	5:30pm to				
6:15		7:30pm	7:30pm				
6:30	FCBA Basketball	(Rental)	(Rental)	FCBA Basketball			
6:45	6:30pm to			6:30pm to			
7:00	8:30pm			8:30pm			
7:15	(Rental)			(Rental)			
7:30							
7:45							
8:00							
9:00							

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