



# FULTON GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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	INSTRUCTORS CHOICE	BODY PUMP 5:30-6:15AM	INSTRUCTORS CHOICE	BODY PUMP 5:30-6:15AM				
6:00	6-6:30AM		6-6:30AM					
6:30								
7:00								
7:45								
8:00		STRETCH FOR FLEX		STRETCH FOR FLEX				
8:15		8-8:45		8-8:45				
8:30	CORE & STRETCH		CORE & STRETCH					
8:45	8:30-9:15		8:30-9:15					
9:00		BODY PUMP	ROCK & RHYTHM	BODY PUMP	INSTRUCTORS CHOICE			
9:15		9-10AM	9:30-10AM	9-10AM	9:30-10:15AM			
9:30	INSTRUCTORS CHOICE							
9:45	9:30-10:15AM							
10:00		Silver Sneakers CIRCUIT		Silver Sneakera CIRCUIT				
10:15		10:15am-11am		10:15am-11am				
10:30								
11:00								
11:30								
11:45								
12:00								
12:15								
12:30	O P E N G Y M							
12:45								
1:00								OPENS @ 1:00
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00	T E E N O P E N G Y M (13-17) 3PM-5PM							
3:15								
3:30								
3:45								
4:00								
4:15								
4:30								
4:45								
5:00						C L O S E D		
5:15								
5:30								
5:45			AAU Basketball					
6:00			5:30-7:30PM					
6:15								
6:30								
6:45								
7:00	AAU Basketball							
7:15	6:30-8:30PM							
7:30								
7:45								
8:00								
9:00								

Monday-FRIDAY CLOSED @ 8:45PM | SATURDAY CLOSED @ 3:45PM | SUN @ 4:45PM