

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM	OPEN GYM 5-9:15AM		OPEN GYM 5-9:15AM			OPEN GYM 6AM - 3:45PM	OPEN GYM 9AM - 12:45PM	
6:00								
8:00								
9:00								
9:30	Silver Sneakers Chair Yoga 9:30-10:15	Fast, Fun, & Done 9:30-10:15	Silver Sneakers Chair Yoga 9:30-10:15	Fast, Fun, & Done 9:30-10:15	Dance Fitness 9:30-10			
10:00	Silver Sneakers Circuit 10:30-11:20 Enhance Fitness 11:45-12:45	OPEN GYM 10:30AM - 12:45PM	Silver Sneakers Circuit 10:30-11:20 Enhance Fitness 11:45-12:45	OPEN GYM 10:30AM - 12:45PM	Silver Sneakers Stability 10:45-11:30AM			
10:15								
10:30								
11:00								
11:30	OPEN GYM 1-5:15PM	Parkinson's Class 1:00-2:00	OPEN GYM 1-5:15PM	Parkinson's Class 1:00-2:00	OPEN GYM 11:45AM - 7:45PM			
11:45								
12:00								
12:45								
1:00		Cornhole 2-5PM				Cornhole 2-5PM		
1:30								
2:00								
2:30								
3:00		Boot Camp 5:30-6:15				Fitness Fusion 5:30-6:30	Boot Camp 5:30-6:15	OPEN GYM 5:30-7:45PM
3:30								
4:00								
4:30								
5:00	OPEN GYM 6:30-7:45PM	OPEN GYM 6:45-7:45PM	OPEN GYM 6:30-7:45PM					
5:30								
6:00								
6:15								
6:30								
7:00								
7:30								
8:00								
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE								
MONDAY - FRIDAY CLOSE @7:45PM SATURDAY CLOSE@3:45PM SUNDAY CLOSE @12:45PM								