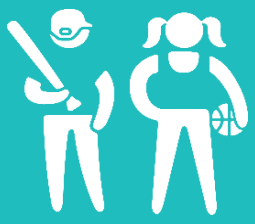
FULTON GYM

the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT 5:30-6AM		CLOSED
5:15							
5:30		BODY PUMP 5:30-6:15AM		BODY PUMP 5:30-6:15AM			
6:00					OPEN GYM 6AM - 9AM	OPEN GYM 6AM - 9:45AM	
6:30							
7:00							
7:45							
8:00		STRETCH FOR FLEX 8-8:45 AM		STRETCH FOR FLEX 8-8:45 AM			
8:15							
8:30	CORE & STRETCH 8:30-9:15		CORE & STRETCH 8:30-9:15				
8:45							
9:00		BODY PUMP 9-10AM		BODY PUMP 9-10AM			
9:15							
9:30	SS Boom Muscle 9:20-10AM		SS Boom Muscle 9:20-10AM		INSTRUCTORS CHOICE 9:30-10:15AM		
9:45							
10:00							
10:15	Silver Sneakers Move 10:00-10:50am	Silver Sneakera CIRCUIT 10:15am-11am	Silver Sneakers Move 10:00-10:50am	Silver Sneakera CIRCUIT 10:15am-11am		Silver Sneakers Move 10:00-10:50am	
10:30							
11:00							
11:30		No Step. Step 11:05-11:50AM		No Step. Step 11:05-11:50AM			
11:45							
12:00							
12:15							
12:30							
1:00						OPEN GYM 11 AM - 3:45 PM	OPENS @ 1:00
1:15							
1:30							
1:45							
2:00							
2:15							OPEN GYM
2:30							
2:45							
3:00	YOUTH & FAMILY 3PM-5PM						CLOSES @ 4:45PM
3:15							
3:30							
3:45							
4:00						CLOSED	
4:30							
4:45							
5:00							
5:15							
5:30							
6:00							
6:15							
6:30							
7:00							
7:30							
7:45							
8:00							
9:00	Monday-FRIDAY CLOSED @ 8:45PM | SATURDAY CLOSED @ 3:45PM| SUN @ 4:45PM						

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