



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		C L O S E D
5:15							
5:30		BODY PUMP		BODY PUMP			
6:00		5:30-6:15AM		5:30-6:15AM			
6:30					OPEN GYM 6AM - 9AM		
6:45							
7:00							
7:15							
7:30						OPEN GYM 6-8:45AM	
7:45							
8:00		STRETCH FOR FLEX 8-8:45 AM		STRETCH FOR FLEX 8-8:45 AM			O P E N S @ 1:00 O P E N G Y M
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		Pilates with Annie 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 Sneakers CIRCUIT 10:15am-11am	Silver Sneakers Move 10:00-10:50am	Silver Sneakers CIRCUIT 10:15am-11am		Silver Sneakers Move 10:00-10:50am	
10:30							O P E N G Y M
10:45							
11:00		No Step. Step 11:05-11:50AM		No Step. Step 11:05-11:50AM			
11:15							
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1:15							F C B A T E A M 2:00-3:00PM
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3:45							O P E N G Y M C L O S E S @ 4:45PM
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8:45							M O N D A Y - F R I D A Y C L O S E D @ 8:45PM S A T U R D A Y C L O S E D @ 3:45PM S U N @ 4:45PM
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