



** NEW** RIVER VALLEY CAMPUS GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	OPEN GYM 5-9:00AM	OPEN GYM 5-9:00AM	OPEN GYM 5-9:00AM	OPEN GYM 5-9:00AM	OPEN GYM 5-9:00AM	OPEN GYM 6AM - 3:45PM	OPEN GYM 9AM - 12:45PM
6:00							
8:00							
9:00	Silver Sneakers Chair Yoga 9:30-10:15AM	Fast, Fun, & Done 9:30-10:15AM	Silver Sneakers Chair Yoga 9:30-10:15	Fast, Fun, & Done 9:30-10:15AM	Rock & Rhythm 10-10:45AM		
9:30							
10:00	Silver Sneakers Circuit 10:30-11:20AM	OPEN GYM 10:30AM -12:30PM	Silver Sneakers Circuit 10:30-11:20	OPEN GYM 10:30AM -12:30PM	Silver Sneakers Stability 10:45-11:15AM		
10:15							
10:30							
11:00	Enhance Fitness 11:45AM-12:45PM	Parkinson's Class 1:00-2:00PM	Enhance Fitness 11:45AM-12:45PM	Parkinson's Class 1:00-2:00PM	OPEN GYM 12:00PM - 7:45PM		
11:30							
11:45	GeriFit 1:00-2:00PM	GeriFit 1:00-2:00PM	GeriFit 1:00-2:00PM	GeriFit 1:00-2:00PM			
12:00							
12:45	OPEN GYM 2:00-5:00PM	Cornhole 2:00-5:00PM	OPEN GYM 2:00-5:00PM	Cornhole 2:00-5:00PM			
1:00							
1:30							
2:00	Boot Camp 5:30-6:15PM	Fitness Fusion 5:30-6:30	Boot Camp 5:30-6:15PM	OPEN GYM 5:30-7:45PM			
2:30							
3:00	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
3:30							
4:00	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
4:30							
5:00	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
5:30							
6:00	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
6:15							
6:30	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
7:00							
7:30	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			
7:30							
8:00	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM	OPEN GYM 7-7:45PM			

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY - FRIDAY CLOSE @7:45PM | SATURDAY CLOSE@3:45PM | SUNDAY CLOSE @12:45PM

To allow time for cleanup and setup, the gym must be cleared before Open Gym begins.

Thank you for waiting outside the gym so staff can reset quickly!