




FULTON GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00							C L O S E D		
5:15					HIIT 5:30-6AM				
5:30		BODY PUMP 5:30-6:15AM		BODY PUMP 5:30-6:15AM					
6:00					N GYM 6AM - 9AM	O P E N G Y M 6AM-3:45PM			
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	SS Boom Muscle 9:20-10AM	BODY PUMP 9-10AM	INSTRUCTORS CHOICE 9:30-10:15AM				
9:15									
9:30	SS Boom Muscle 9:20-10AM								
9:45		Silver Sneakers CIRCUIT 10:15am-11am	Silver Sneakers Move 10:00-10:30am	Silver Sneakers CIRCUIT 10:15am-11am					
10:00									
10:15	Silver Sneakers Move 10:00-10:30am		Silver Sneakers Stability 10:30 - 11:15am						
10:30									
11:00	Silver Sneakers Stability 10:30 - 11:15am								
11:30									
11:45									
12:00									
12:15	OPEN GYM 11AM - 2:45PM								
12:30									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	YOUTH & FAMILY 3PM-5PM 								
3:15									
3:30									
3:45									
4:00									
4:30									
5:00									
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								

OPENS @ 1:00

OPEN
GYM
1PM - 4:45PM

OPEN
GYM
CLOSES
@ 4:45PM

Revised 5/8/26