



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	OPEN GYM 6AM-3:45PM	C L O S E D
5:15							
5:30		BODY PUMP 5:30-6:15AM		BODY PUMP 5:30-6:15AM			
6:00							
6:30							
7:00							
7:45							
8:00		STRETCH FOR FLEX 8-8:45 AM		STRETCH FOR FLEX 8-8:45 AM	OPEN GYM 6AM - 9AM		
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 8:30-9:30AM		
9:15							
9:30	SS Boom Muscle 9:20-10AM						
9:45							
10:00							
10:15	Silver Sneakers Move 10:00-10:30am		Silver Sneakers Move 10:00-10:30am				
10:30							
11:00	Silver Sneakers Stability 10:30 - 11:15am		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						C L O S E D	O P E N G Y M C L O S E S @ 4:45PM
5:30							
5:15							
5:30							
6:00		FLAG FOOTBALL 6PM - 7PM					
6:15							
6:30							
7:00				SOCIL 6:45PM - 8:00PM			
7:30							
7:45							
8:00							
9:00	Monday-FRIDAY CLOSED @ 8:45PM SATURDAY CLOSED @ 3:45PM SUN @ 4:45PM						



Revised 7/28/26