



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

March GYM SCHEDULE

Effective March 1, 2019

MONDAY

Open Gym (Members Only) 5:00am-8:00am
 Tai Chi (Jayni Davis) 8:00am-9:00am
 Silver Sneakers Yoga 9:00am-10:00am
 Line Dancing 10:15am-11:15am
 Pickleball (Adults only) 11:30am-2:30pm
 Open Gym (Members Only) 2:30pm-5:15pm
 Kids Fit 5:30pm-6:15pm
 POUND® 6:25pm-7:15pm
 Open Gym (Members Only) 7:30pm-8:30pm
 Adult Pick-up Basketball* 8:30pm-9:45pm

TUESDAY

Open Gym (Members Only) 5:00am-10:00am
 Silver Sneakers Classic 10:15am-11:15am
 Open Gym (Members Only) 11:15am-5:15pm
 Kids Fit 5:30pm-6:15pm
 Club Basketball Practice 6:15pm-8:15pm
 Open Gym (Members Only) 8:15pm-9:45pm

WEDNESDAY

Open Gym (Members Only) 5:00am-8:00am
 Tai Chi (Jayni Davis) 8:00am-9:00am
 Open Gym 9:00am-10:00am
 Silver Sneakers Yoga 10:15am-11:15am
 Pickleball (Adults only) 11:30am-2:30pm
 Open Gym (Members Only) 2:30pm-3:30pm
 Family/Teen Basketball* 3:30pm-6:30pm
 Open Gym 6:30pm-9:45pm

THURSDAY

Open Gym (Members Only) 5:00am-10:00am
 Silvers Sneakers Circuit 10:15am-11:15am
 Open Gym (Members Only) 11:15am-5:15pm
 Kids Fit 5:30pm-6:15pm
 Club Basketball Practice 6:15pm-8:15pm
 Open Gym 8:15pm-9:45pm

FRIDAY

Open Gym (Members Only) 5:00am-8:00am
 Tai Chi (Jayni Davis) 8:00am-9:00am
 Open Gym (Members Only) 9:00am-10:00am
 Silver Sneakers Yoga 10:15am-11:15am
 Pickleball (beginners/families) 11:30am-2:30pm
 Open Gym (Members Only) 2:30pm-8:45pm

SATURDAY

Family/Teen Basketball* 7:00am-9:00am
 Karate 9:00am-10:30am
 Family/Teen Basketball* 10:30am-12pm
 Open Gym (Members Only) 12:00pm-4:00pm
 Journey Fellowship 4:00pm-6:00pm

SUNDAY

Open Gym (Members Only) 12:00pm-2:00pm
 Adult Pick-up Basketball* 2:00pm-4:00pm
 Open Gym (Members Only) 4:00pm-4:45pm

Schedule subject to change with or without notice
**Adult Basketball *18 and Older & Open Gym
 are reserved for Members ONLY *NO GUESTS***
Family/Teen *17 & under or Family's shooting together

GYM HOURS

Monday-Thursday 5:00am-9:45pm Friday 5:00am-8:45pm
 Saturday 7:00am-5:45pm Sunday 12:00pm-4:45pm

CHILDCARE HOURS

Monday-Thursday 8:30am-1:00pm & 4:00pm-8:00pm
 Friday 8:00-1:00pm & 4:00-7:00pm
 Saturday 8:00am-1:00pm

FACILITY HOURS

**Monday-Thursday 5:00am-10:00pm Friday 5:00am-9:00pm
 Saturday 7:00am-6:00pm Sunday 12:00pm-5:00pm**