



GROUP EX + GYM SCHEDULES DURING CONSTRUCTION, SUMMER 2018

Schedule begins
May 29.

GYM SCHEDULE							
North Courts							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM							
8:00 AM					Pickleball 7:30-9:30am		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Noon Ball 12 - 2 pm				Noon Ball 12 - 2 pm		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			Pickleball 2:15 - 4:30 pm	Pickleball 2:15 - 4:30 pm			
5:00 PM							
6:00 PM		Tae Kwon Do 1/4 Metabolic Conditioning 1/4 5:30-6:30 pm		Tae Kwon Do 1/4 Metabolic Conditioning 1/4 5:30-6:30 pm			
7:00 PM			Table Tennis 1/4		Table Tennis 1/4		
8:00 PM							

GYM SCHEDULE							
South Courts							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM	Basic Step - 7:30 - 7:55		Basic Step - 7:30 - 7:55		Basic Step - 7:30 - 7:55		
8:00 AM	Zumba - 8:00 - 8:55	Zumba - 8:00 - 8:55	STRONG - 8:00 - 8:55	Zumba - 8:00 - 8:55	Zumba - 8:00 - 8:55	Zumba - 8:00-8:55	
9:00 AM	Chair Yoga - 9:00 - 9:55	STT - 9:00 - 9:55		STT - 9:00 - 9:55		MetCon-9:30-10:25	
10:00 AM	SS Classic - 10:15 - 11:00	SS Classic - 10:15 - 11:00	SS Classic - 10:15 - 11:00	SS Classic - 10:15 - 11:00	SS Yoga - 10:15 - 11:00		
11:00 AM	SS Cardio - 11:10 - 12:00	SS Circuit - 11:10 - 12:00	SS Cardio - 11:10 - 12:00	SS Circuit - 11:10 - 12:00	SS Yoga - 11:10-12:00		
12:00 PM	Y Firm - 12:00 - 12:55		Y Firm - 12:00 - 12:55		Y Firm - 12:00 - 12:55		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							Open Gym
5:00 PM	Cardio Mix 5:30 - 6:25 pm		Cardio Mix 5:30 - 6:25 pm		STRONG 5:30 PM - 6:30 PM		
6:00 PM							
7:00 PM	Zumba 6:30 - 7:25 pm		Zumba 6:30 - 7:25 pm				
8:00 PM							

**PLEASE NOTE:
No Open Gym
on the following days
and times:**

Mondays = 12:00 PM - 1 PM

Fridays = 7:30 AM - 9 AM

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Wednesdays = 1/4 of gym
open from 5:30-7:30 PM

Fridays = 1/4 of gym open
from 5:30-6:30 PM

**RELOCATED GROUP EXERCISE CLASSES
& ACTIVITIES FOUND ON PAGE 2.
RELOCATION MAP FOUND ON PAGE 3.**

RELOCATED GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y Cycle(55) 5:15 AM Adam Sun Deck or Preschool Room	Tai Chi I (45) 8:15 AM Georgi Sun Deck or Preschool Room	Y Cycle(55) 5:15 AM Adam Sun Deck or Preschool Room	Tai Chi I (45) 8:15 AM Georgi Sun Deck or Preschool Room	Y Cycle(55) 5:15 AM Adam Sun Deck or Preschool Room	
Y Cycle (55) 6:15 AM Adam Sun Deck or Preschool Room	Tai Chi II (55) 9:00 AM Georgi Sun Deck or Preschool Room	Y Cycle(55) 6:15 AM Michelle Sun Deck or Preschool Room	Tai Chi II (55) 9:00 AM Georgi Sun Deck or Preschool Room	Y Cycle(55) 6:15 AM Michelle Sun Deck or Preschool Room	Circuit Training (85) 8:00 AM Vicki Preschool Room
Y Cycle (55) 9:00AM Jessica Sun Deck or Preschool Room	Tai Chi Diabetes (45) 10:15 AM Georgi Sun Deck or Preschool Room	Y Cycle (55) 9:00AM Jessica Sun Deck or Preschool Room	Tai Chi Diabetes (45) 10:15 AM Georgi Sun Deck or Preschool Room	Y Cycle (55) 9:00AM Jessica Sun Deck or Preschool Room	
	Pedal & Pump 12 PM (55) Melissa Preschool Room				
Y Cycle (55) 5:30 PM Cameron Sun Deck or Preschool Room		Y Cycle (55) 5:30 PM Cameron Sun Deck or Preschool Room			
Circuit Training (85) 6:30 PM Darryl Preschool Room	Yoga 6:30 PM (55) Kristie Sun Deck or Preschool Room	Circuit Training (85) 6:30 PM Darryl Preschool Room	Yoga 6:30 PM (55) Kristie Sun Deck or Preschool Room		

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May 29.

FOR RELOCATED CLASSES

To access the Sun Deck:

Head north from the Lobby + out the Sun Deck double doors.

To access the Preschool Room:

Head north from the Lobby, out the Sun Deck doors and through the outside Preschool Door.

[Please view map provided on next page.]

CLASSES ON HOLD:

TRX
BODY BARRE
SATURDAY - CYCLING
SATURDAY - SILVER SNEAKER YOGA

Please view the map on the next page to help you navigate to your class.



GROUP EXERCISE RELOCATION GUIDE

Gym

Maintenance
Bay

Northwest side of
Child Watch

West entrance
to Gym

Sun Deck

Double doors
to Sun Deck

Door to
Preschool
Room

Lobby

Preschool
Room

Locked
Child Development
Door

Admin Wing

