

Gym Schedule Effective 1/1/18

Monday/Wednesday	Activity	Court
9:00am-11:00am	Family Swim & Gym	1
9:00am-11:00am	Kids in Motion Gym Time	2
11:00am-1:00pm	Drop in Pickelball	1-2
1:00pm-2:00pm	Drop in Basketball	2
5:30pm-6:30pm	HIIT (Mondays Only)	1-2
6:00pm-7:30pm	Intro to Pickelball: Registration Required <i>Wednesdays 1/17-2/14 & 3/7-4/4</i>	1-2
6:30pm-7:30pm	Kids in Motion Gym Time (Mondays Only)	2
7:30pm-9:30pm	Drop in Pickelball (Wednesdays Only)	1-2
Tuesday/Thursday	Activity	Court
9:00am-11:00am	Kids in Motion Gym Time	2
10:30am-12:00pm	Intro to Pickelball: Registration Required <i>Tuesdays 1/16-2/13 & 3/6-4/3</i>	1-2
4:30pm-7:00pm	Family Swim & Gym	1
4:30pm-7:00pm	Kids in Motion Gym Time	2
7:00pm-9:30pm	Drop in Basketball: Full Court	1-2
Friday	Activity	Court
9:00am-11:00am	Kids in Motion Gym Time	2
11:00am-1:00pm	Drop in Pickelball	1-2
1:00pm-2:00pm	Drop in Basketball	2
4:30pm-7:00pm	Family Swim & Gym	2
Saturday	Activity	Court
9:00am-10:00am	Total Body Strength & Conditioning	1
9:00am-10:30am	Kids in Motion Gym Time	2
10:00am-1:00pm	Drop in Volleyball	1
1:00pm-3:30pm	Family Swim & Gym	2
Sunday	Activity	Court
10:30am-11:30am	Kids in Motion Gym Time	2
11:30pm-1:00pm	Drop in Pickelball	1-2
1:00pm-3:30pm	Family Swim & Gym	2

The gym is available for individual use when the activities listed above are not going on

