

GYM SCHEDULE: MONDAY - WEDNESDAY

FEBRUARY 26-JUNE 2, 2007

TIME	NORTH	CENTRAL	SOUTH	NORTH	CENTRAL	SOUTH	NORTH	CENTRAL	SOUTH							
5:00 AM	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open	Age 16-Adult Open							
6:00 AM	P.E. Classes															
7:00 AM																
8:00 AM																
9:00 AM																
9:45 AM										Boot Camp						Boot Camp
10:00 AM																
10:30 AM										Ages 16-Adult Open	RSC	RSC			RSC	Ages 16-Adult Open
11:00 AM																
11:30 AM											Ages 16-Adult Open	Ages 16-Adult Open			Adult Open	
12:00 PM																
12:30 PM	Family Gym	Ages 13-Adult	P.E. Class			P.E. Class		P.E. Class								
1:00 PM																
2:00 PM																
3:00 PM			Latchkey			Latchkey		Latchkey								
3:30 PM	RSC			RSC			RSC	Ages 13-Adult Open								
4:00 PM	Youth and Family Gym			Youth and Family Gym			Family Gym									
4:30 PM																
4:45 PM				Youth and Family Gym			Youth and Family Gym	Youth and Family Gym								
5:00 PM			Plyometrics					Plyometrics								
5:30 PM					Ladies Volleyball League	Boot Camp		Co-ed Volleyball League								
5:45 PM	DodgeBall League							Whiz Kids								
6:00 PM		Age 13-Adult Open	Making Movement Fun		Ages 13-Adult Open			Ages 13-Adult Open								
6:30 PM								Youth and Family Gym								
7:00 PM			Family Gym													
7:30 PM																
8:00 PM					Ages 16-Adult Open											
8:30 PM								Ages 16-Adult Open								
9:00 PM																
10:00 PM																

*Family Gym: For children ages 8-12 with a parent or guardian in the facility. Family stamp available at front desk.
 * **NO** full court basketball games between 3 and 8 p.m. Monday through Friday. Full Court Games at Annex Teen Center.
 * **Proper Gym attire required.**
 * Please allow 15 minutes after a scheduled program for cleaning and preparation of gyms.
 *Gymnasium Schedule Subject to Change.