

# GYM SCHEDULE: MONDAY - WEDNESDAY

**Sessions IV & V: June 11-August 25, 2007**

| TIME     | MON         |                   |                          | TUE                          |                   |                           | WED                    |                   |                          |
|----------|-------------|-------------------|--------------------------|------------------------------|-------------------|---------------------------|------------------------|-------------------|--------------------------|
|          | NORTH       | CENTRAL           | SOUTH                    | NORTH                        | CENTRAL           | SOUTH                     | NORTH                  | CENTRAL           | SOUTH                    |
| 5:00 AM  | Family Gym  | Age 13-Adult Open | Youth Programs           | Family Gym                   | Age 13-Adult Open | Youth Program             | Family Gym             | Age 13-Adult Open | Youth Programs           |
| 6:00 AM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 7:00 AM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 8:00 AM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 9:00 AM  |             |                   |                          | Strength & Conditioning Camp |                   |                           |                        |                   |                          |
| 9:30 AM  |             | Boot Camp         |                          |                              |                   |                           |                        | Boot Camp         |                          |
| 10:00 AM |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 10:30 AM |             | Age 13-Adult Open |                          |                              | Age 13-Adult Open |                           |                        | Age 13-Adult Open |                          |
| 11:00 AM |             |                   |                          | Family Gym                   |                   |                           |                        |                   |                          |
| 11:30 AM |             |                   | Adult Open               |                              |                   |                           |                        |                   | Adult Open               |
| 12:00 PM |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 1:00 PM  |             |                   | Youth Gym & Swim Program |                              |                   | Youth Gym & Swim Program  | Youth Basketball       |                   | Youth Gym & Swim Program |
| 1:30 PM  |             |                   |                          |                              |                   |                           |                        | Fun with Fitness  |                          |
| 2:00 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 2:30 PM  |             |                   |                          |                              |                   |                           | Family Gym             | Age 13-Adult Open |                          |
| 3:00 PM  |             |                   | Family Gym               |                              |                   | Ages 13-Adult Open        | Family Gym             |                   | Age 13-Adult Open        |
| 3:30 PM  |             |                   |                          |                              |                   |                           | Family Gym             |                   |                          |
| 4:00 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 4:30 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 5:00 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 5:15 PM  | Plyometrics |                   |                          |                              |                   | Girls Basketball I League | Plyometrics            |                   |                          |
| 5:30 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 6:00 PM  | Family Gym  |                   | Making Movement Fun      |                              |                   |                           | Family Gym 6:15-9 p.m. |                   |                          |
| 6:30 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 7:00 PM  |             |                   | Family Gym               |                              |                   |                           |                        |                   |                          |
| 7:30 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 8:00 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 8:30 PM  |             |                   |                          |                              |                   |                           |                        |                   |                          |
| 9:00 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 1 and 7 p.m. Monday through Friday.

\* **Proper Gym attire required.**

\* Please allow 15 minutes after a scheduled program for cleaning and preparation of gyms.

\*Gymnasium Schedule Subject to Change.