



## WEST GYM SCHEDULE/JULY 14

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Open Gym 5-8am		Open Gym 5-8am		Open Gym 5-9:15am	CLOSED	CLOSED	
5:30 AM		Spinning 5:45-6:30am		Spin & Sculpt 5:45-6:30am				
6:00 AM								
6:30 AM		Open Gym 6:30-8am		Open Gym 6:30-8am				
7:00 AM								
7:30 AM		Step & Sculpt 8:00-8:45am		Step & Sculpt 8:00-8:45am				
8:00 AM								Adult Drop-In Pickleball 8-11am
8:30 AM								
9:00 AM	Spinning 9:15-10am	HIIT 9:15-10am	Spinning 9:15-10am	HIIT 9:15-10am	Step Aerobics 9:15-10am			
9:30 AM								
10:00 AM	Open Gym 10am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Open Gym 10am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Pedaling for Parkinson's 10:00-11:00am			
10:30 AM								
11:00 AM								
11:30 AM		Open Gym 10am-5:30pm			Open Gym 10am-12pm	Open Gym 11am-3pm	Open Gym 11am-3pm	
12:00 PM	Adult Drop-In Futsal 12-1pm		Adult Drop-In Futsal 12-1pm	Adult Drop-In Futsal 12-1pm				
12:30 PM								
1:00 PM	Open Gym 1-4:30pm			Open Gym 10am-5pm	Open Gym 1-3pm			
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM					Camp Closing Ceremonies 3-4pm	CLOSED 3pm	CLOSED 3pm	
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Open Gym* 4:30-7pm	Spinning 5:30-6:15pm		Spinning* 5:30-6:15pm	Open Gym 4-7pm			
6:00 PM	*Reserved for Youth Sports IF RAINING		Adult Drop-In Basketball** 5:30-7:30pm	*Half Gym reserved for Youth Sports IF RAINING 5-7pm				
6:30 PM		HIIT 6:30-7:05pm	**Half Gym reserved for Youth Sports IF RAINING	UJam 6:30-7:15pm				
7:00 PM	Open Gym 7-8pm		Open Gym 7:30-8pm		CLOSED 7pm			
7:30 PM								
8:00 PM								

**RAIN/INCLEMENT WEATHER:** To accommodate Summer Day Camp and Youth Sports, Fitness Classes in the West Gym, Open Gym, and Adult Sports will be cancelled if there is inclement weather/rain.