

GYMNASIUM SCHEDULE

Effective February 27, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		Open Gym		Open Gym		Open Gym	
5:30 AM	Boot Camp		Boot Camp		Boot Camp		
6:30 AM							
7:00 AM	Open Gym	Open Gym	Open Gym				
8:00 AM							
9:00 AM	Zumba Gold	Zumba	Zumba Gold	Zumba	Young at Heart		
10:00 AM	30+ Ball	Adult Ball	30+ Ball	Adult Ball	30+ Ball		Adult Ball
11:00 AM							
12:00 PM	Adult Ball	Wheelchair Ball	Adult Ball	Wheelchair Ball	Adult Ball		Open Gym
1:00 PM							
2:00 PM							
3:00 PM	Youth Open Gym	Youth Open Gym	Youth Open Gym	Youth Open Gym	Youth Open Gym	Open Gym	
4:00 PM							
5:00 PM	Open Gym	Open Gym	Zumba	Open Gym	Open Gym		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
8:00 PM							
9:00 PM							

Our Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Contact us at 246-9622
Ray Phillips, Member Services Director