



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gymnasium Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM–8:30 AM	OPEN	OPEN	OPEN	OPEN	OPEN		
8:30AM–9:30AM	Zumba Gold	Dance Party	Zumba Gold	Dance Party	Zumba Gold	OPEN	OPEN
10:30AM–11:15AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	OPEN	OPEN
11:30AM–2PM	OPEN	Pickleball (12–2)	OPEN	Pickleball (12–2)	OPEN	OPEN	OPEN
2PM–3PM	OPEN	OPEN	OPEN	OPEN	OPEN		
3PM–4:30PM	OPEN	OPEN	OPEN	OPEN	OPEN		
4:30PM–7PM	OPEN	Swim Team Dry Land Training (4:30–5:15)	OPEN Pickleball (6PM–8PM)	OPEN Pickleball (6PM–8PM)	OPEN		
7PM–8:30PM	OPEN	OPEN	Pickleball (6PM–8PM)	Pickleball (6PM–8PM)	OPEN		

Effective 8/28/2023