

JUNE 2026

GYM SCHEDULE



Mon

5:30am-8:00am
Open Gym

8:30am-9:30am
Powerhouse
COURT CLOSED

9:45am-9:00pm
Open Gym

Tue

5:30am-9:00pm
Open Gym

Wed

5:30am-8:00am
Open Gym

8:30am-9:30am
Powerhouse
COURT CLOSED

9:45am-4:00pm
Open Gym

4:30pm-5:30pm
TRX and Spin
COURT CLOSED

5:30pm-6:30pm
Powerhouse
COURT CLOSED

7:15pm-9:00pm
Open Gym

Thu

5:30am-4:45pm
Open Gym

5:00pm-7:00pm
Full-Court
Adult Pick Up
Basketball
Game

7:15pm-9:00pm
Open Gym

Fri

5:30am-8:00am
Open Gym

8:30am-9:30am
Powerhouse
COURT CLOSED

10:00am-11:00am
HONEYBEES
COURT CLOSED

11:15am-4:00pm
Open Gym

4:30pm-5:30pm
Powerhouse
COURT CLOSED

Sat

7:00am-5:00pm
Open Gym

**Fitness
Center Hours**

M-TH 5:30am-9:00pm
F 5:30am-8:00pm
Sat 7:30am-5:00pm
Sun 1:00pm-6:00pm

Sun

1:00pm-3:30pm
Full-Court
Adult Pick Up
Basketball
Game

**Blood Drive
June 17th**

The background of the entire page is a light orange color. It is decorated with several basketballs, each rendered in a darker orange color with black lines representing the seams. The basketballs are positioned at the corners and along the edges of the page, partially overlapping the central text box.

Class Descriptions

Honeybees: One hour kids class (3 months– 8 years old) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc. Lots of supervised fun time.

Powerhouse: One hour class. This class has plyometrics, endurance drills, cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

TRX & Spin: Get the benefits of a 30 minutes cycle class and the toning results of a TRX core workout in this fast paced, ultra cardio combo! Two different formats under one hour class! This session will start in the GYM then move to the Spin Studio.