

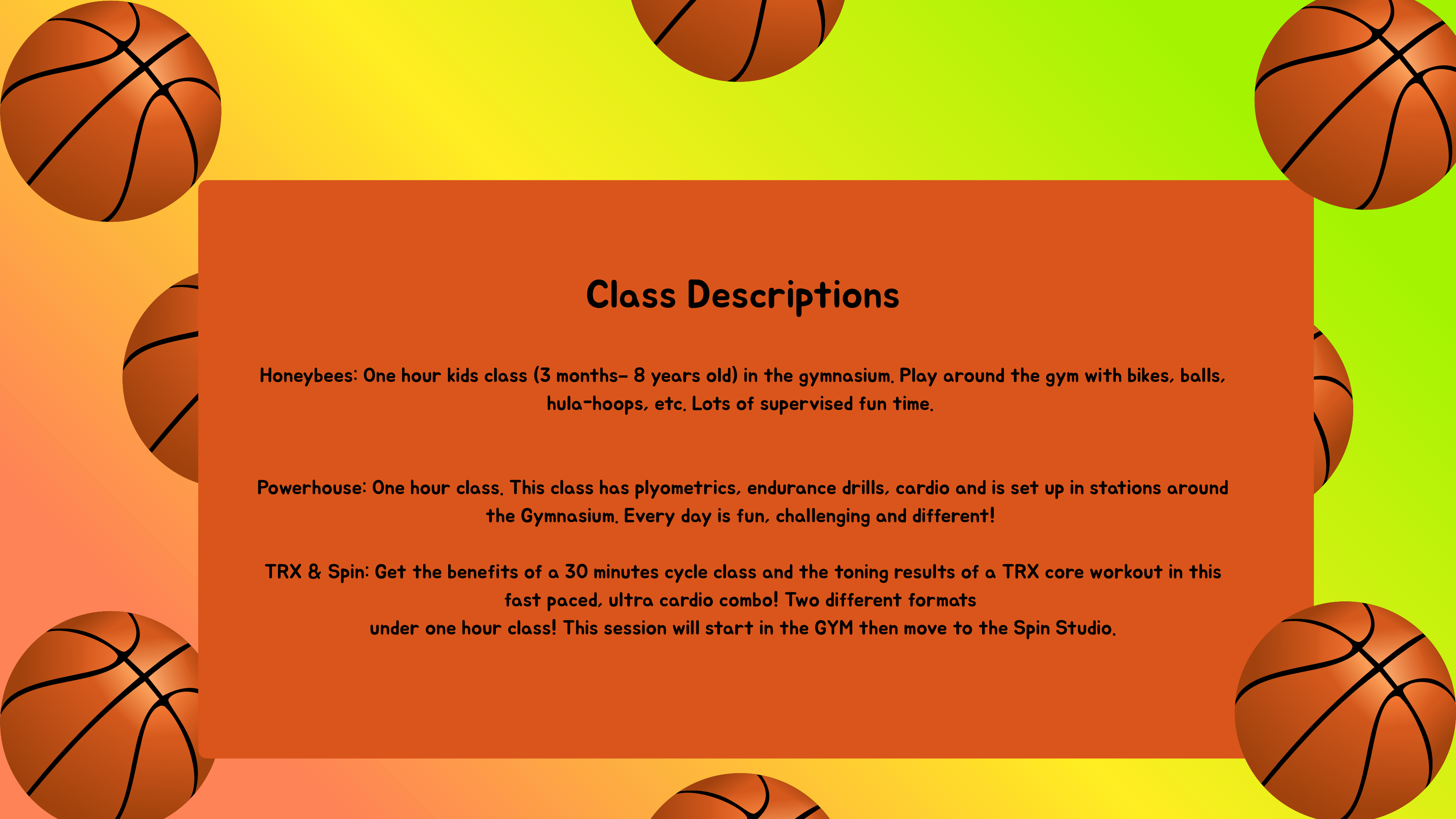


JULY 2026

GYM SCHEDULE



Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am-8:00am Open Gym	5:30am-9:00pm Open Gym	5:30am-8:00am Open Gym	5:30am-4:45pm Open Gym	5:30am-8:00am Open Gym	7:00am-5:00pm Open Gym	1:00pm-3:30pm Full-Court Adult Pick Up Basketball Game
8:30am-9:30am Powerhouse COURT CLOSED		8:30am-9:30am Powerhouse COURT CLOSED	5:00pm-7:00pm Full-Court Adult Pick Up Basketball Game	8:30am-9:30am Powerhouse COURT CLOSED		
9:45am-9:00pm Open Gym		9:45am-4:00pm Open Gym		10:00am-11:00am HONEYBEES COURT CLOSED		
		4:30pm-5:30pm TRX and Spin COURT CLOSED		11:15am-4:00pm Open Gym	Fitness Center Hours	Fitness Center Closed 7/4
		5:30pm-6:30pm Powerhouse COURT CLOSED	7:15pm-9:00pm Open Gym	4:30pm-5:30pm Powerhouse COURT CLOSED	M-TH 5:30am-9:00pm F 5:30am-8:00pm Sat 7:30am-5:00pm Sun 1:00pm-6:00pm	Blood Drive July 23rd
		7:15pm-9:00pm Open Gym				



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.