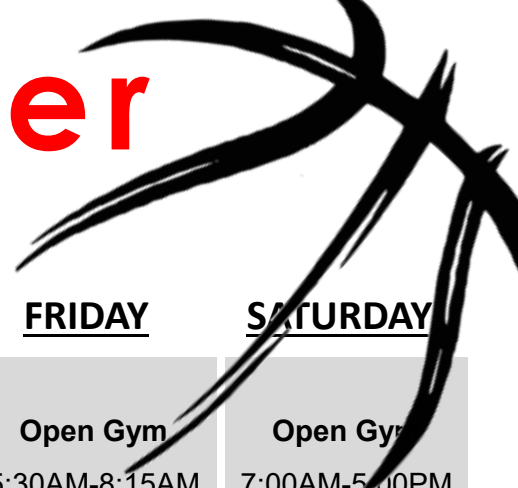


# December

## GYM SCHEDULE



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

Open Gym  
5:30AM-8:15AM

Open Gym  
5:30AM-9:00PM

Open Gym  
5:30AM-8:15AM

Open Gym  
5:30AM-9:00PM

Open Gym  
5:30AM-8:15AM

Open Gym  
7:00AM-5:00PM

**POWERHOUSE**  
8:30AM-9:30AM  
-Stephen  
Closed Court

**POWERHOUSE**  
8:30AM-9:30AM  
-Claudia  
Closed Court


**POWERHOUSE**  
8:30AM-9:30AM  
-Stephen  
Closed Court

Open Gym  
9:45am-9:00pm

Open Gym  
9:45am-4:15pm

**HONEYBEES**  
10:00AM-11:00AM  
Closed Court 

Open Gym  
11:15AM-4:15PM

  
Fitness Center Closed  
December 24th & 25th  
December 31st &  
January 1st

4:30-5:30 PM  
**TRX&Spin**  
**Lisa**  
Court Closed

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

**POWERHOUSE**  
4:30PM-5:30PM  
-Rotation  
Court Closed

Open Gym  
9:45AM-9:00PM

Open Gym  
7:15-9:00PM

Open Gym  
7:15-9:00PM

**SUNDAY**  
**1:00PM—3:30PM**  
**ADULT PICK-UP**  
**BASKETBALL**

**Boot Camp:** A high-energy circuit class that alternates cardio and weight training exercises in a circuit format. Participants will perform a wide variety of exercises from running and sprinting to plyometric jumps and core exercises.

**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.

**Interval Spin +Core:** 30 minute spin class using interval sprints & climbs to burn maximum calories and increase overall metabolism+ 30 minutes of core workout. Two different formats under one hour class! This session will start in the spinning studio and then move to the Gym.

**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 spinning studio and then move to the Gym.