



OCTOBER GYM SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Open Gym 5:30AM-8:30AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:30AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:30AM	Open Gym 7:00AM-5:00PM
POWERHOUSE 8:30AM-9:30AM -Sam		POWERHOUSE 8:30AM-9:30AM -Sam		POWERHOUSE 8:30AM-9:30AM -Sam	
				HONEYBEES 10:00AM-11:00AM	
		<u>Blood Drive</u> October 5th 8:00A-5:00P		Open Gym 11:15AM-4:15PM	
				BOOT CAMP 4:30PM-5:30PM -Beth	
5:00PM-5:30PM SPIN + TRX -Lisa		POWERHOUSE 6:00PM-7:00PM -Jennifer			
Open Gym 5:30PM-9:00PM					

SUNDAY
1:00PM—4:00PM
ADULT PICK-UP
BASKETBALL
(ages 16 & Up)

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.

Powerhouse: A great class to start your morning! 20 minutes cardio (spinning on Tuesday and Step on Thursday), 20 minutes weights and 20 minutes YOGA/Stretching.