

## Gym Schedule Winter 2012

Updated 3/2/12

|       | Monday                             |   | Tuesday                  |                             | Wednesday                          |                      | Thursday                 |                               | Friday                             |                      | Saturday                   |  | Sunday |      |                                    |                        |      |                        |      |
|-------|------------------------------------|---|--------------------------|-----------------------------|------------------------------------|----------------------|--------------------------|-------------------------------|------------------------------------|----------------------|----------------------------|--|--------|------|------------------------------------|------------------------|------|------------------------|------|
|       | A                                  | B   | A                        | B                           | A                                  | B                    | A                        | B                             | A                                  | B                    | A                          | B  | A      | B    |                                    |                        |      |                        |      |
| 5:20  | Open                               |   | Y's Loser 6:30 - 7:30    | Open                        | Open                               |                      | Y's Loser 6:30 - 7:30    | Open                          | Open                               |                      | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 6:00  | Open                               |   |                          |                             | Open                               |                      |                          |                               | Open                               |                      |                            |  |        |      | Open                               |                        |      |                        |      |
| 6:30  | Adult Pick Up Basketball 6:30-7:30 |   |                          |                             | Adult Pick Up Basketball 6:30-7:30 |                      |                          |                               | Adult Pick Up Basketball 6:30-7:30 |                      |                            |  |        |      | Adult Pick Up Basketball 6:30-7:30 |                        |      |                        |      |
| 7:00  | Open                               |   | Transformation 7:30-8:30 | Open                        | Open                               | Open                 | Transformation 7:30-8:30 | Open                          | Open                               |                      | Zumba 8:00-9:00 AM         | Open   | Open   | Open |                                    |                        |      |                        |      |
| 7:15  | Open                               |   |                          |                             |                                    |                      |                          |                               | Open                               |                      |                            |  |        |      | Open                               |                        | Open |                        |      |
| 7:30  | Open                               |   | Super Seniors 8:30-9:30  | Open                        | SS MSROM 9:00-10:00                | Y's Loser 9:00-10:30 | SS CC 9:00-10:00         | Abs, Buns & Guns 9:30 - 10:30 | SS MSROM 9:00-10:00                | Y's Loser 9:00-10:30 | Super Seniors 10:00- 11:00 | Youth Basketball League 9:00-12:00   | Open   | Open |                                    |                        |      |                        |      |
| 8:00  | Open                               |   |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Abs, Buns & Guns 9:30-10:30        | Silver Gym 10:00-11:00 | Open | Sports Mix 10:30-11:00 | Open |
| 8:15  | Open                               |   |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      |                                    |                        |      |                        |      |
| 8:30  | Super Seniors 9:00-10:00           | Open  | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 9:00  | SS MSROM 10:00-11:00               | Mommy & Me 10:00-10:45                                  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 9:30  |                                    | Tiny Tumblers 11:00-11:45                               | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 9:45  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 9:45  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 10:00 | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 10:15 |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 10:30 | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 10:45 |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 11:00 | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 11:15 |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 11:30 | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 11:45 |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 12:00 | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 12:45 |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 1:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 1:30  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 2:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 2:30  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 3:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 3:15  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 3:30  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 3:45  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 4:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 4:30  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 4:45  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 5:00  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 5:30  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 5:45  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 6:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 6:15  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 6:30  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 6:45  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 7:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 7:30  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 8:00  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 8:30  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 8:30  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
| 9:00  |                                    |   | Open                     | Open                        | Open                               | Open                 | Open                     | Open                          | Open                               | Open                 | Open                       | Open   | Open   | Open |                                    |                        |      |                        |      |
| 9:45  | Open                               | Open  |                          |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      | Open                               | Open                   | Open | Open                   | Open |
|       |                                    |   | <b>Legend:</b>           |                             |                                    |                      |                          |                               |                                    |                      |                            |  |        |      |                                    |                        |      |                        |      |
|       | SS CC                              | Silver Sneakers Cardio Circuit                          | A                        | Gym on left as you walk in  |                                    |                      |                          |                               |                                    |                      |                            | April 28, Healthy Kids Day, 10 - 2 PM - Gym Closed, free family event, come and join us! |        |      |                                    |                        |      |                        |      |
|       | SS MSROM                           | Silver Sneakers Muscular Strength and Range of Movement | B                        | Gym on right as you walk in |                                    |                      |                          |                               |                                    |                      |                            |  |        |      |                                    |                        |      |                        |      |