



GYMNASIUM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July 5 - July 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-7:00AM Basketball Full Gym	5:30-6:15AM BodyPump South Court	5:00-7:00AM Basketball Full Gym	5:30-6:15AM BodyPump South Court	5:00-7:00AM Basketball Full Gym	6:00AM-2:00PM Basketball Full Gym
7:00-10:00AM Pickleball Full Gym	6:30-9:00AM Pickleball Full Gym	7:00-9:00AM Pickleball Full Gym	6:30-8:30AM Pickleball Full Gym	7:00-9:00AM Pickleball Full Gym	
10:00-11:15AM Pickleball North Court	9:00-10:00AM Pickleball North Court	9:00-10:15AM Pickleball North Court	8:30-10:00AM Pickleball North Court	9:00-10:00AM Pickleball North Court	
10:15-11:15AM BodyPump South Court	9:15-10:00AM SilverSneakersClassic South Court	9:15-10:05AM Total Body South Court	9:15-10:00AM SilverSneakersClassic South Court	9:15-10:15AM BodyPump South Court	
11:30-4:45PM Basketball Full Gym	10:00-3:30PM Basketball Full Gym	10:15-4:30 Basketball Full Court	10:30-11:15AM Total Body South Court	10:30-11:15 Total Body South Court	
4:45-8:00PM Basketball North Court	3:30-4:30PM Basketball South Court	4:30-6:00PM Basketball North Court	12:00-4:15PM Basketball Full Court	10:00-11:15AM Basketball North Court	
5:00-5:45PM Boot Camp South Court	3:30-4:30PM Adapted Recreation North Court	4:30-5:05PM Quick Hiit South Court	4:15-5:00PM Basketball North Court	11:15AM-8:00PM Basketball Full Gym	
5:45-7:45pm POB Hoops South Court	4:30-5:00PM Abs express South Court	5:15-6PM Kickboxing South Court	4:30-5:00PM Abs Express South Court		
	5:15-6:15PM Basketball North Court	6:15-8:00PM Basketball Full Gym	5:00-8:00PM Basketball Full Gym		
	5:30-6:15PM BodyPump Express South Court				
	6:30-8:00 Basketball Full Gym				

Group Exercise classes are limited to 20 participants.

Schedule subject to change.

Pickleball reservations are required.

Updated 7/3/21