

## Fall 2021

Workout room available during all regular business hours. Fitness Center hours of operation TBA.

	6-8 a.m.	9-10 a.m.	10-11 a.m.	11-12 a.m.	12-1 p.m.	1-2 p.m.	2-3 p.m.	3-4 p.m.	4-5 p.m.	5-6 p.m.	6-7 p.m.
<b>Mon</b>	Total Fitness Zoom 6:30- 7:30				Strength Training				Boot Camp Zoom 4:30-5:25	Yoga 5:30-6:30	OPEN GYM 6-7
<b>T</b>	OPEN GYM				Chair Yoga Zoom				Zumba 4:30-5:25	Tai Chi 5:30-7	OPEN GYM 6-7
<b>Wed</b>	Total Fitness Zoom 6:30- 7:30				Strength Training				Boot Camp Zoom 4:30-5:25	Youth Karate 5:45-7	OPEN GYM 6-7
<b>Th</b>	OPEN GYM				Chair Yoga Zoom				Zumba 4:30-5:25	Tai Chi 5:30-7	OPEN GYM 6-7
<b>Fri</b>					Pilates						
<b>Sat</b>	CLOSED										
<b>Sun</b>	CLOSED										

Gym available for Open Workout, Membership, Bonus visits, and drop-in use when there are no scheduled classes.