



# APRIL 2021

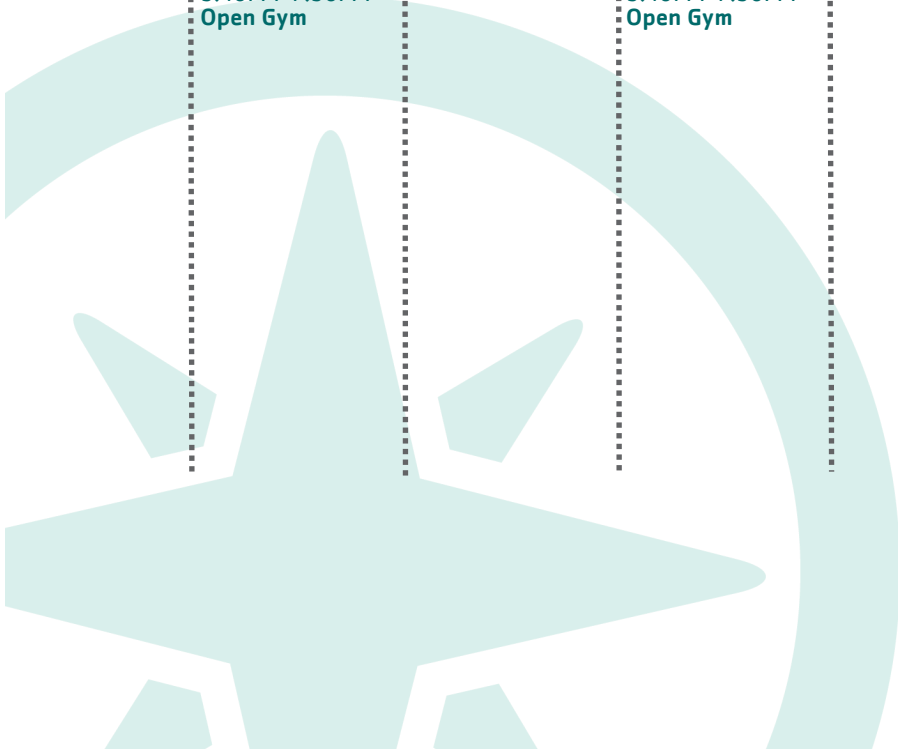
## GYMNASIUM SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY                          | THURSDAY   | FRIDAY                    | SATURDAY                  | SUNDAY                    |
|---|--|------------------------------------|--|---------------------------|---------------------------|---------------------------|
| 5:00AM—4:50PM<br>Open Gym                         | 5:00AM—8:50AM<br>Open Gym                          | 5:00AM—5:40PM<br>Open Gym          | 5:00AM—8:50AM<br>Open Gym                            | 5:00AM—6:50PM<br>Open Gym | 8:00AM—1:50PM<br>Open Gym | 1:00PM—4:50PM<br>Open Gym |
| 5:00PM—5:30PM<br>HIIT Battle Ropes<br>*Gym closed | 9:00AM—9:45AM*<br>HIIT Battle Ropes<br>*Gym closed | 5:40PM—7:50PM<br>PickUp Basketball | 9:00AM—9:45AM*<br>HIIT Battle Ropes<br>*Gym closed   |                           |                           |                           |
| 4:50PM—5:40PM                                     | 8:50AM—10:00AM                                     |                                    | 8:45AM—10:00AM                                       |                           |                           |                           |
| 5:40PM—7:50PM<br>PickUp Basketball                | 10:00AM—4:50PM<br>Open Gym                         |                                    | 10:00AM—4:50PM<br>Open Gym                           |                           |                           |                           |
|   | 5:00PM—5:30PM*<br>HIIT Battle Ropes<br>*Gym closed |                                    | 5:00PM—5:30PM*<br>HIIT Battle Ropes<br>***Gym closed |                           |                           |                           |
|   | 4:50PM—5:40PM                                      |                                    | 4:50PM—5:40PM  |                           |                           |                           |
|   | 5:40PM—7:50PM<br>Open Gym                          |                                    | 5:40PM—7:50PM<br>Open Gym                            |                           |                           |                           |

**PLEASE NOTE:**  
**THE GYMNASIUM CLOSSES 10MINS PRIOR TO FACILITY CLOSURE.**

**OPEN GYM:** Gymnasium available to all.

**HIIT BATTLE ROPES:** High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves.



### SCHEDULED CLOSURES

Gym availability and schedule is subject to change. Please call the front desk at 276-979-0280 to check for any gym closures on any day in question.

### GYMNASIUM SCHEDULE

|           |               |
|-----------|---------------|
| Mon—Thurs | 5:00AM—7:50PM |
| Friday    | 5:00AM—6:50PM |
| Saturday  | 8:00AM—1:50PM |
| Sunday    | 1:00PM—4:50PM |