



# APRIL 2019

## GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—3:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—4:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—4:00PM Open Gym	8:00AM—4:00PM Open Gym	1:00PM—5:00PM Open Gym
3:00PM—4:45PM Teens/Tweens	9:00AM—9:45AM* Battle Ropes *Gym closed	4:00PM—6:00PM Teens/Tweens	9:00AM—9:45AM* Battle Ropes and Abs *Gym closed	4:00PM—5:00PM Teens/Tweens		
5:00PM—5:30PM Battle Ropes *Gym closed	8:45AM—10:00AM	6:00PM—9:00PM 18+ Basketball	8:45AM—10:00AM	5:00PM—7:30PM Open Gym		
4:45PM—5:45PM	10:00AM—4:00PM Open Gym		10:00AM—4:00PM Open Gym			
5:45PM—9:00PM 18+ Basketball	4:00PM—4:45PM Teens/Tweens		4:00PM—4:45PM Teens/Tweens			
	5:00PM—5:30PM** Battle Ropes **Gym closed		5:00PM—5:30PM** Battle Ropes **Gym closed			
	4:45PM—5:45PM		4:45PM—5:45PM			
	5:45PM—9:00PM Open Gym		5:45PM—9:00PM Open Gym			

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

**TEENS/TWEENS:** Gymnasium open to ages 6-18 and parents.

**18+ BASKETBALL:** Gymnasium for 18+

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

**ABS:** 15 minutes of floor abdominal work.

### 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—9:00PM
Friday	5:00AM—7:30PM
Saturday	8:00AM—4:00PM
Sunday	1:00PM—5:00PM