



AUGUST 2019

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM-3PM Open Gym	5AM-8:45AM Open Gym	5AM-4PM Open Gym	5AM-8:45AM Open Gym	5AM-7:30PM Open Gym	8AM-4PM Open Gym	1PM-5PM Open Gym
3PM-4:45PM Teens/Tweens	9AM-9:45AM* Battle Ropes & Abs	4PM-5:30PM Teens/Tweens	9AM-9:45AM* Battle Ropes & Abs			
5PM-5:30PM Battle Ropes	*Gym closed 8:45AM-10AM	5:30PM-6:30PM* RUMBLE	*Gym closed 8:45AM-10AM			
5:30PM-6:30PM* RUMBLE	10AM-4PM Open Gym	*Gym closed 5:30PM-6:30PM	10AM-4PM Open Gym			
*Gym closed 4:45PM-6:30PM	4PM-4:45PM Teens/Tweens	6:30PM-9PM 16+ Basketball	4PM-4:45PM Teens/Tweens			
6:30PM-9PM 16+ Basketball	5PM-5:30PM** Battle Ropes		5PM-5:30PM** Battle Ropes			
	**Gym closed 4:45PM-5:45PM		**Gym closed 4:45PM-5:45PM			
	5:45PM-9PM Open Gym		5:45PM-9PM Open Gym			

OPEN GYM: Gymnasium available to all.

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

16+ BASKETBALL: Gymnasium for 16+

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

ABS: 15 minutes of floor abdominal work.

RUMBLE by R.I.P.P.E.D: An authentic, cardio mixed martial arts class for the group exercise environment. You will use the RUMBLE Stick as an extension of your body, which enhances spatial awareness and overall movement.

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	5AM-9PM
Friday	5AM-7:30PM
Saturday	8AM-4PM
Sunday	1PM-5PM