

# May

GYM SCHEDULE



**MONDAY**

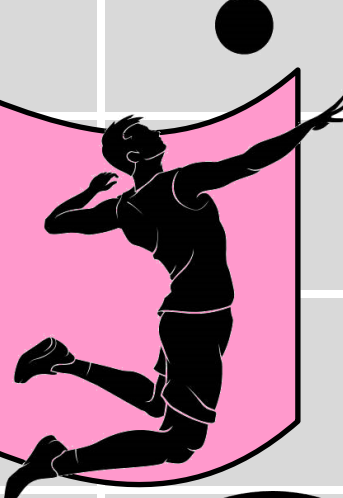

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

<p><b>Open Gym</b> 5:30AM-8:30AM</p>	<p><b>Open Gym</b> 5:30AM-9:00PM</p>	<p><b>Open Gym</b> 5:30AM-8:30AM</p>	<p><b>Open Gym</b> 5:30AM-9:00PM</p>	<p><b>Open Gym</b> 5:30AM-8:30AM</p>	<p><b>Open Gym</b> 7:00AM-5:00PM</p>
<p><b>POWERHOUSE</b> 8:30AM-9:30AM -Stephen</p>		<p><b>POWERHOUSE</b> 8:30AM-9:30AM -Rotation</p>		<p><b>POWERHOUSE</b> 8:30AM-9:30AM -Stephen</p>	
<div style="text-align: center;">  <p><b>Join us for Volley Ball Night</b> May 9th @ 4:30pm</p> </div>				 <p><b>HONEYBEES</b> 10:00AM-11:00AM</p>	
				<p><b>Open Gym</b> 11:15AM-4:15PM</p>	
				<p><b>BOOT CAMP</b> 4:30PM-5:30PM -Rotating</p>	
<p>4:30PM-5:30PM <b>SPIN</b> + <b>TRX in the GYM</b></p>					
<p>5:30PM-6:30PM <b>SPIN</b> + <b>CORE WORKOUT</b> In the GYM</p>					
<p><b>Open Gym</b> 5:30PM-9:00PM</p>		<p><b>POWERHOUSE</b> 6:00PM-7:00PM -Jennifer</p>			
		<p><b>Open Gym</b> 7:15-9:00PM</p>			

I may not be there yet but I am closer than I was yesterday.

**SUNDAY**  
**1:00PM—3:30PM**  
**ADULT PICK-UP BASKETBALL**  
**(ages 16 & Up)**

**Boot Camp:** A high-energy circuit class that alternates cardio and weight training exercises in a circuit format. Participants will perform a wide variety of exercises from running and sprinting to plyometric jumps and core exercises.

**Honeybees:** One hour kids class (3 months– 8 years old) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc. Lots of supervised fun time.

**Interval Spin +Core:** 30 minute spin class using interval sprints & climbs to burn maximum calories and increase overall metabolism+ 30 minutes of core workout. Two different formats under one hour class! This session will start in the spinning studio and then move to the Gym.

**Powerhouse:** One hour class. This class has plyometrics, endurance drills, cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

**Spin + TRX:** Get the benefits of a 30 minutes cycle class and the toning results of a TRX core workout in this fast paced, ultra cardio combo! Two different formats under one hour class! This session will start in the spinning studio and then move to the Gym.