

# September

## GYM SCHEDULE

### MONDAY


### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

Open Gym 5:30AM-8:30AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:30AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:30AM	Open Gym 7:00AM-5:00PM
POWERHOUSE 8:30AM-9:30AM -Stephen		POWERHOUSE 8:30AM-9:30AM -Rotation		POWERHOUSE 8:30AM-9:30AM -Stephen	
				 <b>HONEYBEES</b> 10:00AM-11:00AM	
				Open Gym 11:15AM-4:15PM	
				BOOT CAMP 4:30PM-5:30PM -Rotation	
		4:30-5:30 PM <b>TRX</b>			
5:30-6:30 PM <b>SPIN &amp;</b>		<b>SPIN</b> -Lisa			
Core -Jennifer		POWERHOUSE 5:30-6:30PM -Jennifer			
		Open Gym 7:15-9:00PM			

Note: 15 Minutes Before and  
15 Minutes After a Class  
Basketball Court MUST be  
Clear  
Thank You

**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!

**TRX & Spin:** 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.