

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	LABOR DAY: NO GROUP EXERCISE CLASSES  Open Gym from 7AM-6PM	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball
8	9	10	11	12	13	14
1:30p-2:30p: Swim Team	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	8a-9a: Swim Team 9:15a-10:15a: Pilates 10:30a-1p: Pickleball
15	16	17	18	19	20	21
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	8a-9a: Swim Team 9:15a-10:15a: Pilates 10:30a-1p: Pickleball
22/29	23/30	24	25	26	27	28
	8:30a-9a: Field Trip 9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	8a-9a: Swim Team 9:15a-10:15a: Pilates 10:30a-1p: Pickleball

+ Indicates ½ of the gym is available

\*\*Times indicated are reserved; additional times are considered open play\*\*