

Gym Schedule

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:40 Athletic Conditioning w/ Libby (Parking Lot)	5:30-6:30 Basketball Court A: Open Play Court B: Family Play	5:45-6:40 Athletic Conditioning w/ Libby/ Carolyn (Parking Lot)	5:30-6:30 Basketball Court A: Open Play Court B: Family Play	5:45-6:40 Athletic Conditioning w/ Carolyn (Parking Lot)		
7:45-8:45 Step w/ Lisa B	7:45-8:45 Cardio Strength w/ Ginny	7:45-8:45 Step w/ Lou Ann	7:45-8:45 Cardio Strength w/ Lisa B	7:45-8:45 Step w/ Ginny		
9:30-10:25 Strength & Conditioning w/ Matt (Parking Lot)	9:30-10:25 Group Power w/ Lori	9:30-10:25 Strength & Conditioning w/ Angie (Parking Lot)	9:30-10:25 Group Power w/ Christina	9:30-10:25 Athletic Conditioning w/ Kevin (Parking Lot)	8:00-8:45 Youth Basketball Games	1:00-1:55 Dance and Burn w/ Mary & Master J
10:45-11:40 Group Power w/ Lori		10:45-11:30 Basketball Court A: Women Only Court B: Girls Only		10:45-11:40 Cardio Strength Low Impact w/ Lisa M	9:00-10:00 Group Power w/ staff	1:00-1:55 Athletic Conditioning w/ Neal (Parking Lot)
12:00-1:00 Basketball Court A: Open Play Court B: Family Play	11:15-12:10 Circuit Training w/ Matt	11:30-12:30 Basketball Court A: Open Play Court B: Family Play	11:15-12:10 Circuit Training w/ Matt	12:00-12:55 Group Power w/ Ashley R	10:00-4:00 Youth Basketball Games	2:30-4:00 Basketball Court A: Open Play Court B: Family Play
1:00-2:00 Basketball Court A: Open Play Court B: Family Play	12:30-1:30 Basketball Court A: Open Play Court B: Family Play	12:30-1:30 Basketball Court A: Open Play Court B: Family Play	12:30-1:30 Basketball Court A: Open Play Court B: Family Play	1:30-2:30 Basketball Court A: Open Play Court B: Family Play		
2:00-3:30 Basketball Court A: Open Play Court B: Family Play	1:30-3:30 Basketball Court A: Open Play Court B: Family Play	1:30-3:30 Basketball Court A: Open Play Court B: Family Play	1:30-3:30 Basketball Court A: Open Play Court B: Family Play	2:30-3:30 Basketball Court A: Open Play Court B: Family Play		
5:30-6:25 Group Power w/ Jill	3:30-9:00 Basketball Practice	3:30-9:00 Basketball Practice	3:30-9:00 Basketball Practice	3:30-9:00 Basketball Practice		
6:30P-9:00 Basketball Practice						
<p>Basketball Courts are available during designated blocks. Reservations are no longer required.</p>						