

Gym 1

updated 9/9/2020

August 24–October 16, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank you for your patience as we navigate ALL members needs during these challenging times.</p> <p>We continue to review our space usage and schedule each session.</p> <p>The Y opens at 1:00 pm</p> <p>1:00–5:00 pm Pickelball All levels (East court only)</p> <p>The Y closes at 5:00 pm</p>	<p>The Y opens at 5:00 am</p> <p>6:00–6:45 am Tabata</p> <p>8:00–9:00 am Active Together</p> <p>9:15–10:15 am Core, Stretch & Balance</p> <p>1:30–4:00 pm Pickelball Beginner/intermediate (East court only)</p> <p>4:30–5:15 pm Zumba</p> <p>5:30 –6:45pm Tae Kwon Do</p>	<p>The Y opens at 5:00 am</p> <p>5:10–6:10 am Strength Train Together</p> <p>8:15–9:15 am Strength Train Together</p> <p>12:00–1:00 pm Yoga</p> <p>1:30–4:00 pm Pickelball Beginner/intermediate (East court only)</p> <p>4:40–5:40 pm Strength Train Together</p> <p>5:50–6:50 pm Strength Train Together</p>	<p>The Y opens at 5:00 am</p> <p>8:00–9:00 am Active Together</p> <p>9:15–10:15 am Core, Stretch & Balance</p> <p>12:10–12:55 pm Tabata</p> <p>1:30–4:00 pm Pickelball Beginner/intermediate (East court only)</p> <p>4:30–5:15 pm Zumba</p> <p>5:30 –6:45pm Tae Kwon Do</p>	<p>The Y opens at 5:00 am</p> <p>5:10–6:10 am Strength Train Together</p> <p>8:15–9:15 am Strength Train Together</p> <p>1:30–4:00 pm Pickelball Beginner/intermediate (East court only)</p> <p>4:40–5:40 pm Strength Train Together</p> <p>5:50–6:50 pm Strength Train</p>	<p>The Y opens at 5:00 am</p> <p>8:00–9:00 am Active Together</p> <p>9:15–10:15 am Core, Stretch & Balance</p> <p>1:30–4:00 pm Pickelball Beginner/intermediate (East court only)</p> <p>5:30 –6:45pm Tae Kwon Do</p>	<p>The Y opens at 7:00 am</p> <p>7:00am–6:00 pm Pickelball All levels (East court only)</p> <p>The Y closes at 6:00 pm</p>
<p>***** The Y Closes at 7:00 pm *****</p>						