

MAY 1-15

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am		Open Gym					
7 am	Open Gym		Open Gym		Open Gym	Open Gym	
8 am		AOA FOREVER FIT 8:30-9:15 am Anneke					
9 am		TOT TIME 9:30-10:30 am Y Staff					
10 am				Open Gym			
11 am	AOA FOREVER FIT 11 am-Noon Wes		AOA FOREVER FIT 11 am-Noon Wes		AOA FOREVER FIT 11 am-Noon Maria	YOUTH SPORTS 8:30 am-4 pm	
12 pm							
1 pm	OPEN PICKLEBALL 12:30-2:30 pm	Open Gym	OPEN PICKLEBALL 12:30-2:30 pm				
2 pm					Open Gym		Open Gym
3 pm	Open Gym		Open Gym				
4 pm	YOUTH SPORTS 4-8 pm				YOUTH SPORTS 4-8 pm		
5 pm		YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm			
6 pm							
7 pm							

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED

MAY 16-21

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am				GYM CLOSED THURSDAY & FRIDAY For Yearly Maintenance			
6 am		Open Gym					
7 am	Open Gym		Open Gym				
8 am		AOA FOREVER FIT 8:30-9:15 am Anneke					
9 am		TOT TIME 9:30-10:30 am Y Staff					
10 am							
11 am	AOA FOREVER FIT 11 am-Noon Wes		AOA FOREVER FIT 11 am-Noon Wes				
12 pm							
1 pm	OPEN PICKLEBALL 12:30-2:30 pm	Open Gym	OPEN PICKLEBALL 12:30-2:30 pm				
2 pm							
3 pm	Open Gym		Open Gym				
4 pm					YOUTH SPORTS 8:30 am- 4 pm		
5 pm	YOUTH SPORTS 4-8 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm				
6 pm						Open Gym	
7 pm							

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED

MAY 22-JUNE 18

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am		Open Gym					
7 am	Open Gym		Open Gym		Open Gym	Open Gym	
8 am		AOA FOREVER FIT 8:30-9:15 am Anneke					
9 am		TOT TIME 9:30-10:30 am Y Staff					
10 am							
11 am	AOA FOREVER FIT 11 am-Noon Wes		AOA FOREVER FIT 11 am-Noon Wes		AOA FOREVER FIT 11 am-Noon Maria		
12 pm				Open Gym		YOUTH SPORTS 8:30 am-4 pm	
1 pm	OPEN PICKLEBALL 12:30-2:30 pm		OPEN PICKLEBALL 12:30-2:30 pm				
2 pm					Open Gym		Open Gym
3 pm	Open Gym	Open Gym					
4 pm							
5 pm			Open Gym				
6 pm	YOUTH SPORTS 4-8 pm				YOUTH SPORTS 4-8 pm		
7 pm							

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED