

JUNE 1-18

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						
4 pm		Open Gym					
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. Please allow up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED

JUNE 19-26

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am		Open Gym					
7 am	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	Open Gym	
12 pm				Open Gym			
1 pm	OPEN PICKLEBALL 12:30-2:30 pm		OPEN PICKLEBALL 12:30-2:30 pm				
2 pm							Open Gym
3 pm							
4 pm		Open Gym			Open Gym		
5 pm	Open Gym		Open Gym				
6 pm							
7 pm							

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DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED

JUNE 27-JULY 3

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							
10 am	SUMMER CAMP 9:30-10:30 am	SUMMER CAMP 9:30-10:30 am	SUMMER CAMP 9:30-10:30 am	SUMMER CAMP 9:30-10:30 am	SUMMER CAMP 9:30-10:30 am		
11 am	AOA FOREVER FIT 11 am-Noon Y Staff	Open Gym	AOA FOREVER FIT 11 am-Noon Y Staff	Open Gym	AOA FOREVER FIT 11 am-Noon Maria	Open Gym	
12 pm					Open Gym		
1 pm	OPEN PICKLEBALL 12:30-2:30 pm		OPEN PICKLEBALL 12:30-2:30 pm				
2 pm		SUMMER CAMP 1-3 pm		SUMMER CAMP 1-3 pm	SUMMER CAMP 1-3 pm		Open Gym
3 pm							
4 pm							
5 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6 pm							
7 pm							

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity. Please allow up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED