

SUMMER 2022

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am		Open Gym					
7 am							
8 am	Open Gym		Open Gym	Open Gym	Open Gym		
9 am		AOA FOREVER FIT 8:30-9:15 am Anneke					
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 Wes	ZUMBA GOLD 11 am-Noon Staff	AOA FOREVER FIT 11 am-Noon Wes	ZUMBA GOLD 11 am-Noon Staff	AOA FOREVER FIT 11 am-Noon Maria	Open Gym	
12 pm		Open Gym		Open Gym	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	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
5 pm							
6 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 pm	YOUTH SPORTS 5-8 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