



# East Gym Schedule

June 7-August 14

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT	
5 AM		Adult Open 5-7 am						
7:00						Youth Open 7-9:30 am		
8:00		Yoga 8-9 am	Family 7-9 am					
9:00		CDC 9-10 am				Yoga 9:15-10:15 am		
10:00		Seniors in Motion 10-11 am	Tots in Motion 10-10:45 am	Seniors in Motion 10-11 am	Family 10 am-1 pm	CDC 10:15-11:15 am		Family Open 9:30 am-12 pm
11:00		Family Open 11 am-1 pm		Adult Open Volleyball 11:30 am-1 pm	Adult Open Volleyball 11:30 am-1 pm			
12 PM	Family Open 1-5 pm	Seniors in Motion 1-2 pm	Open 1-4 pm				Youth Open 12-4 pm	
1:00		Family 1-2 pm		Seniors Motion 1-2 pm				
2:00		Family 1-2 pm		Open 1-4 pm				
3:00	CDC 4-5 pm							
4:00	CDC 4-5 pm							
5:00	Yoga 5:30-6:30 pm	Youth Open 5-7:30 pm	Yoga 5:30-6:30 pm	Youth Open 5-5:45 pm	Family Open 5-8 pm			
6:00		Pickle Ball 7-9 pm	Youth Open 6:30-9 pm	Pilates 5:45-6:45 pm	Family Open 5-8 pm			
7:00	Youth Open 6:30-9 pm							
8:00				Family Open 6:45-9 pm				



Jr. Youth = 7 - 12 years old  
 Sr. Youth = 13 - 18 years old  
 Adult Open = Adult Membership holder

