



PHASE 3 GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Reservations 6-8:30a	Basketball Reservations 6-9:30a	Basketball Reservations 6-8:30a	Basketball Reservations 6-9:30a	Basketball Reservations 6-8:30a	Basketball Reservations 6-7:30a	Basketball Reservations 8-2p
					Youth B-Ball Clinic 8-9:15a	
MORNING FITNESS 9-10a	YOGA 10-11a	MORNING FITNESS 9-10a	YOGA 10-11a	MORNING FITNESS 9-10a	YOGA 9:30-10:30a	
Basketball Reservations 10:30-11:30a	Basketball Reservations 11:30-1p	Basketball Reservations 10:30-11:30a	Basketball Reservations 11:30-1p	Basketball Reservations 10:30-11:30a	Youth B-Ball Clinic 10:45-3p	
GROUP CYCLING 12-1p		GROUP CYCLING 12-1p		GROUP CYCLING 12-1p		
Basketball Reservations 3-4p	Basketball Reservations 3-4p	Y's Time 3-4p	Basketball Reservations 3-4p	Basketball Reservations 3-3:30p		
STRENGTH TRAIN TOGETHER 4:30-5:15p	GROUP CYCLING 4:30-5:15p	STRENGTH TRAIN TOGETHER 4:30-5:15p	PILATES 4:30-5:15p	Youth B-Ball Clinic 4-8p		
ZUMBA STRONG 5:30-6:30p	STEP & TONE 5:30-6:30p	ZUMBA 5:30-6:30p	STEP & TONE 5:30-6:30p			
Basketball Reservations 7-8p	Basketball Reservations 7-8p	Basketball Reservations 7-8p	Basketball Reservations 7-8p			

*Must call up to a week ahead to reserve for basketball or a class *Call 518-561-4290 to reserve