



East Gym Schedule

February 21st-April 10th

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



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

