



NORTH STREET GYM SCHEDULE

January 2, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							11-23-11
7:00am							
8:00am	fitness		fitness		fitness		
8:15am	fitness		fitness		fitness		
8:30am	fitness		fitness		fitness		
9:00am							
9:15am						fitness	
9:30am						fitness	
10:15am							
10:30am	fitness	fitness	fitness	fitness	fitness		
11:00am	fitness	fitness	fitness	fitness	fitness		
11:30am							
12 noon			YouthSports				
1:00pm			YouthSports				
2:00pm	childcare	childcare	childcare	childcare	childcare		
4:45pm	childcare	childcare	childcare	childcare	childcare		
5:00pm	childcare	YouthSports	childcare	childcare	childcare		
5:05pm	fitness	fitness	fitness	fitness			
5:30pm	fitness	fitness	fitness	fitness			
6:00pm	fitness	fitness	fitness	fitness			
6:30pm	fitness	fitness	fitness	fitness			
7:00pm	fitness	fitness	fitness	fitness			
7:15pm	fitness	fitness	fitness	fitness			
7:45pm	fitness		fitness	fitness			
8:00pm	fitness		fitness	fitness			
8:30pm				fitness			
9:00pm							
9:30pm							

- Yellow = fitness classes
- Gray = Open gym
- Green = child care
- Black = closed

From time to time special circumstances come up and programs do change. The above schedule is subject to change at any time. Please take the time to call ahead to ensure the activity you are wanting to participate in is still on the schedule. 925-9622

This is a **gym** schedule only. It does not list all Fitness classes and programs. Please see specific program flyer for each area.



MAIN STREET GYM SCHEDULE

January 2, 2012

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5:00am							11-23-11
6:00am							
7:00am						Adult sports	
8:00am						Adult sports	
8:15am						Adult sports	
8:30am						Adult sports	
9:00am						Adult sports	
9:30am		Sr. Walk		Sr. Walk		Adult sports	
10:00am		Sr. Walk		Sr. Walk		Adult sports	
10:30am		Sr. Walk		Sr. Walk		Adult sports	
11:00am						Adult sports	
11:30am						Adult sports	
12 noon	Adult sports		Adult sports		Adult sports	Adult sports	
1:00pm	Adult sports		Adult sports		Adult sports		
1:30pm	Adult sports		Adult sports		Adult sports		
2:00pm							
4:00pm							
4:30pm					Open VB		
5:00pm	YouthSports				Open VB		
6:00pm	YouthSports		Fitness	Adult sports	Open VB		
6:15pm	YouthSports		Fitness	Adult sports			
7:00pm	YouthSports		Fitness	Adult sports			
8:45pm	YouthSports			Adult sports			
9:00pm	YouthSports			Adult sports			

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- Gray = Open gym
- Sports
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- Black = closed

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