



Youth and Family Interactive Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM-8:30 AM	5-7:15AM OPEN	5:00AM 9:45 PM OPEN	5:00AM - 11:30AM OPEN	5-7:15AM OPEN	7:00AM 6:45 PM OPEN	7:00AM 6:45 PM OPEN
8:30-9:30 AM SMALL GROUP TRAINING	7:15 AM-3:15 PM CARDIAC REHAB			11:45AM-1 PM LIVESTRONG		
9:30 AM-11:30 AM						
11:45AM-1 PM LIVESTRONG						
1:15-4:00 PM OPEN	3:15- 4:00 PM OPEN		1:15-4:00 PM OPEN	3:15-3:45 PM OPEN		
	4:15-5PM CARDIO KIDS					
4:15-5PM CARDIO KIDS	5:00-5:30 PM OPEN		5:00-5:30 PM OPEN	5:00-9:45 PM OPEN		
5:15 - 9:45PM OPEN	5:45-7 PM LIVESTRONG					
		7-9:45pm OPEN	7-9:45pm OPEN			