



GYM SCHEDULES- May 2022

BASKETBALL COURT #1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:30am Open Gym	5:00-7:30am Open Gym	5:00-7:30am Open Gym	5:00-7:30am Open Gym	5:00-7:30am Open Gym		
7:30-9:30am Pickleball	7:30-9:30am Pickleball	7:30-9:30am Pickleball	7:30-9:30am Pickleball	7:30-9:30am Pickleball	7:00am-7:00pm Open Gym	
9:30am-12:00pm Pickleball	9:30am-12:00pm Pickleball	9:30am-12:00pm Pickleball	9:30am-12:00pm Pickleball	9:30am-12:00pm Pickleball		
12:00-9pm Open Gym	12:00-9:00pm Open Gym	12:00-9pm Open Gym	12:00-9:00pm Open Gym	12:00-5:00pm Open Gym		10:00am-6:00pm Open Gym
				5:00-7:00pm Pickleball		

BASKETBALL COURT #2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am Open Gym	5:45-6:30am Total Toning	5:30-6:00am Get On the Ball	5:45-6:30am Total Toning	5:45-6:30am Total Toning	8:00-8:45am PiYo LIVE	10:00am-11:00am Open Gym
9:00am-10:00am P90XLive	6:45-8:55am Open Gym					
10:15-11:00am Zumba Gold Toning	9:00-9:45am Country Heat Live	6:15-8:45am Open Gym	6:45-9:00am Open Gym	6:45-9:00am Open Gym	9:00-9:45am Zumba	
11:15-12:00pm SilverSeekers Classic	10:00-10:30am Quick Lift	9:00-10:00am Performance Training	9:00-10:00am Kettlebell HIIT	9:00-10:00am Lift		11:00-11:45am Strong Nation
	11:00-12:00pm Silver Sneakers Circuit	10:15-11:00am Zumba Gold	10-10:45am PiYoLive	10:15-11:00 am Zumba Gold	10:00-12:45 Open Gym	
		11:15-12:00pm Silver Sneakers Classic	11:00-12:00pm Silver Sneakers Circuit	11:15-12:00pm Silver Sneakers Classic		12-6:00pm Open Gym
	5:00-5:30pm Butts &Guts	12:15-4:45pm Open Gym	12:15-4:45pm Open Gym	12:15-7:30pm Open Gym		
12:15-4:45pm Open Gym	5:45-6:45pm Strong Nation	5:00-5:30pm 30 minute shred	5:00-5:30pm Quick Lift		5:00-7:00pm Open Play Pickleball	
5:00-5:30pm 30 Minute Shred			5:45-6:45pm Kettlebell AMPD			
5:45-9:00pm Open Gym	7:00-9:00pm Open Gym	5:45-9:00pm Open Gym	7:00-9:00pm Open Gym			

** See other side of page for exceptions to the above schedules **



GYM SCHEDULES– May 2022

BASKETBALL COURT #3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00pm Gymnastics & Land Fitness	5:00-9:00pm Gymnastics & Land Fitness	5:00-9:00pm Gymnastics & Land Fitness	5:00-9:00pm Gymnastics & Land Fitness	5:00am-7:30pm Gymnastics & Land Fitness	7:00am-7:00pm Gymnastics & Land Fitness	10:00am-6:00pm Gymnastics & Land Fitness

Gym Rentals & One Day events in May 2022

Below usage of the gyms is not included in monthly calendar on other side of page.

Disclaimer: *There may be additional gym rentals that were reserved after the making of this schedule, which are not included below.*

Date – Time – Court(s) being used

- May 1– 4:30 to 5:30/ Court 2 Sideline Cancer
- May 3 – 6:30 to 8:30/Court 1 Sideline Cancer
- May 5 – 6:30 to 8:30/Court 1 Sideline Cancer
- May 19- 9:00 to 11:15/ Court 1 Longer Kinder
- May 20 – 9:00-3:00/ Court 1 Fuel-up for 60
- May 26- 9:30-2:30/ Court 1 Longer Elementary