



February 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 1 8-9am OG Basketball (G) 9:15-10am The Pulse (G) 1-3pm Hooks and Needles (GEX) 2-4:30pm OG Basketball (G) 5:30-6:15pm HIIT (G) 6:30-8pm OG Basketball (G) | 2 8-10am OG Basketball (G) 10:15-11am Zumba Gold (G) 12-12:45pm Strength (G) 2-4:30pm, 7-8pm OG Basketball (G) 5-7:30pm Rock Wall Orientation | 3 8-10am, 3-4:30pm, 7-8pm OG Basketball & Volleyball (G) 10:15-11am Senior Stretch (G) 1-3pm Mahjong (GEX) 1-3pm OG Pickleball (G) 6-6:45pm Strength (G) 7-8pm Hooks and Needles (GEX) 5-7:30pm Rock Wall Orientation | 4 8-9am OG Basketball (G) 9:15-10 Tread & Shred (FC) 12-12:45pm Functional Mvt (G) 2-4:30pm, 6-8pm OG Basketball (G) 5-7:30pm Rock Wall Orientation | 5 8-10am OG Basketball (G) 10:15-11am SS Classic (G) 11:30am-1pm OG Pickleball(G) 2-4:30pm OG Basketball (G) 4:30-8pm OG Family Night (G) |
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LEGEND:
(G) – Gymnasium
(GEX) – Group Exercise Room
(FC) – Fitness Center
(KC) – Kids Corner

RED – Group Exercise Classes (GEX) (free for members)
BLUE – Programs
BLACK – Open Gym
GREEN – Special Programs/Events

NOTES:
 -To avoid class disruptions, please arrive 5 minutes prior to the start of class.
 -Masks are required at all times during class. Spots are limited to accommodate social distancing.
 -10+ are welcome with a parent or guardian. 14+ may join all classes independently.
 -All classes/programs are subject to change.
-See Front Desk for class registration and pricing information.

