

Group Exercise

# October 2021

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LEGEND:</b> <b>(G)</b> – Gymnasium <b>(FC)</b> – Fitness Center <b>(GEX)</b> – Group Exercise Room <b>(OG)</b> – Open Gym  <b>BLUE – Programs</b> <b>See Front Desk for class registration and pricing information</b>  <b>Check out Getupt.org for more information</b>		<b>NOTES:</b> -To avoid class disruptions, please arrive 5 minutes prior to the start of class. -10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently. -All classes/programs are subject to change. -Rock wall is open for all members during operating hours. -Open Gym Times subject to change.		1 8-10am OG Bball (G) 10:15-11am Silver Sneakers Classic w/Becky(G) 11:30am-1pm OG Pickleball(G) 2-4:30pm OG Bball (G) 4:30-8pm OG Family Night (G)
4 8-10am OG Bball (G) 10:15-11am Senior Strength w/Liz (G) 2-4:30pm OG Bball (G) 6-6:45pm Total Body Conditioning w/Gina (GEX) 5-8pm OG Bball (G)	5 8-9am OG Bball (G) 10:15-11am Zumba Gold w/Becky (G) 12-8pm OG Bball (G) 6-6:45pm Kids Intro to Fitness (FC)	6 8-10am OG Bball (G) 10:15-11am Senior Stretch w/Marie (G) 1-3pm OG Pickleball (G) 3-4pm OG Bball (G) 6-6:45pm Strength and Mobility (GEX) 5-8pm OG Bball & Vball (G)	7 8-9am OG Bball (G) 10:15-11am SS Circuit w/Gina (G) 12-8pm OG Bball (G) 6-6:45pm Bells, Bands and Bosu w/Liz (GEX)	8 8-10am OG Bball (G) 10:15-11am Silver Sneakers Classic w/Becky(G) 11:30am-1pm OG Pickleball(G) 2-4:30pm OG Bball (G) 4:30-8pm OG Family Night (G)
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