



Kroehler Family Gym Schedule

Effective 6/5/2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-4:45PM	<u>EXTREME STRENGTH</u> 10:15AM-11:15AM
<u>ZUMBA ®</u> 8:30AM-9:30AM	<u>DANCE FUSION</u> 8:30AM-9:30AM	<u>ZUMBA ®</u> 8:30AM-9:30AM	<u>DANCE FUSION</u> 8:30AM-9:30AM	<u>OUTDOOR FITNESS CLASS</u> 8:45AM-9:30AM <i>Weather permitting may be held indoors</i>		<u>OPEN GYM</u> 11:30AM-4:45PM
<u>SILVER SNEAKERS</u> 9:35AM-10:35AM		<u>SILVER SNEAKERS</u> 9:35AM-10:35AM		<u>SILVER SNEAKERS</u> 9:35AM-10:35AM		
<u>OPEN GYM</u> 11:00AM-11:45AM	<u>OPEN GYM</u> 9:45AM-6:00PM	<u>OPEN GYM</u> 10:45AM-11:45AM	<u>OPEN GYM</u> 9:30AM-5:45PM	<u>OPEN GYM</u> 10:45AM-11:45PM		
<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		
<u>OPEN GYM</u> 2:00PM-8:45PM	<u>LITTLE KICKERS</u> 6:15-7:00 PM	<u>OPEN GYM</u> 2:00PM-6:00PM	<u>FUN FIT FAMILY</u> 6:00PM-7:00PM	<u>OPEN GYM</u> 2:00PM-4:45PM		
	<u>EXTREME STRENGTH</u> 7:00PM-8:00PM	<u>LITTLE DRIBBLERS</u> 6:15PM-7:00PM	<u>EXTREME STRENGTH</u> 7:00PM-8:00PM	<u>RESERVED FOR FAMILY FRIDAY</u> 5PM-8:45PM		
	<u>OPEN GYM</u> 8:10PM-8:45PM	<u>OPEN GYM</u> 7:00PM-8:45PM	<u>OPEN GYM</u> 8:10PM-8:45PM			