

# SOUTH GYM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
5AM		5-5:45am Open Gym		5-5:45am Open Gym			
6AM	5-9am Open Gym	5:45-8:45am Pickleball	5-9am Open Gym	5:45-8:45am Pickleball	5-9am Open Gym	5-9:45am Open Gym	
7AM							
8AM							
9AM	9-10:30am HIGH Fitness		9-10:30am HIGH Fitness		9-10:30am HIGH Fitness	9:45-11:15am Zumba®	
10AM							
11AM							
NOON	10:30am-12:15pm Open Gym	8:45am-10pm Open Gym	10:30am-6:15pm Open Gym	8:45am-10pm Open Gym	10:30am-12:15pm Open Gym		5am-10pm Open Gym
1PM							
2PM							
3PM	12:15-2:45pm Pickleball	8:45am-10pm Open Gym	10:30am-6:15pm Open Gym	8:45am-10pm Open Gym	12:15-2:45pm Pickleball		5am-10pm Open Gym
4PM							
5PM							
6PM	2:45-10pm Open Gym	8:45am-10pm Open Gym	6:15-7:45pm Zumba®	8:45am-10pm Open Gym	2:45-10pm Open Gym	11:15am-10pm Open Gym	5am-10pm Open Gym
7PM							
8PM							
9PM	2:45-10pm Open Gym	8:45am-10pm Open Gym	7:45-10pm Open Gym	8:45am-10pm Open Gym	2:45-10pm Open Gym	11:15am-10pm Open Gym	5am-10pm Open Gym
10PM							

## Pickleball

This fun sport combines many elements of tennis, badminton and ping-pong. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes.

## HIGH Fitness

In High Fitness, old school aerobics meets HIIT training with music you love and easy to follow choreography. Take it high or take it low, either way High Fitness is hardcore fun!

## Zumba®

Each Zumba® class is designed to bring people together to sweat it on. How It Works. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.