

SOUTH GYM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
5AM		5-5:45am Open Gym		5-5:45am Open Gym			
6AM							
7AM		5:45-8:45am Pickleball	5-9am Open Gym	5:45-8:45am Pickleball		5-9:45am Open Gym	
8AM	5am-12:15pm Open Gym				5am-12:15pm Open Gym		
9AM			9-10:30am Zumba® Step				
10AM						9:45-11:15am Zumba®	
11AM							
NOON							
1PM	12:15-3:45pm Pickleball	8:45am-5:45pm Open Gym			12:15-2:45pm Pickleball		5am-10pm Open Gym
2PM			10:30am-6:45pm Open Gym				
3PM							
4PM	3:45-6:15pm Open Gym			8:45am-10pm Open Gym		11:15am-10pm Open Gym	
5PM							
6PM	6:15-7:30pm Insanity	5:45-7:15pm P90X	6:45-7:15pm Zumba®		2:45-10pm Open Gym		
7PM							
8PM		7:15-10pm Open Gym	7:15-10pm Open Gym				
9PM	7:30-10pm 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.

Insanity

Insanity is a total body workout. You exercise using your own body weight for resistance. The program is based on a fitness method called "Max Interval Training."

P90X

P90X LIVE is total-body strength and cardio conditioning that helps you blast fat and build lean muscle fast. Push past your plateaus with group motivation. Gain strength, balance, flexibility and peace of mind with gentle yoga, vinyasa flow, candlelight yoga, Pilates and much more.

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.