

## **HEALTHY LIVING**

## **GYMNASIUM SCHEDULE**

## **VERSAILLES BRANCH**

September 3 - December 31, 2019 (Revised 10/16/2019)

Sunday	Monday	Open Gym 5:30-9:00 a.m.  Open Y Medley		Wednesday	<b>Thursday Open Gym</b> 5:30–8:30 a.m.		Friday  Open Gym  5:30–9:30 a.m.		Open Gym 8:00-2:00 p.m.
	<b>Open Gym</b> 5:30–9:30 a.m.			<b>Open Gym</b> 5:30–9:30 a.m.					
					Open Gym         Y Medley +           8:30-9:15a         Abs				
		Gym F	<b>Pump</b> 1–9:30a			8:30–9:15a			
	<b>Pickleball</b> 9:30-11:30 a.m.	<b>Open Gym</b> 9:30–1:00 p.m.		<b>Pickleball</b> 9:30-11:30 a.m.	<b>Open Gym</b> 9:15–1:15 p.m.		Pickleball 9:30-11:30 a.m. <b>Open Gym</b> 11:30a–1:00 p.m.		
	<b>Open Gym</b> 11:30a–8:30 p.m.			<b>Open Gym</b> 11:30a–5:15 p.m.					
		<b>Gym Sn</b> 1–3p 1 <b>Open Gyn</b>						Silver Sneakers 1– 3p n Gym	
Open Gym 1–5p		3:00-5:30p					3:00–7:00 p.m.		
		Open Strengt	trength	Youth Soccer/Basketball 5:15-6:00p					
		<b>Gym</b> i 5:30-6:p 5:	Strength in 30 5:30-6p Zumba		Open Gym	Zumba			
		<b>Gym</b> 6:15-7p 6:	<b>Gold</b> :15-7p	<b>Open Gym</b> 6:00–8:30 p.m.	6:15-7p	6:15-7p			
		<b>Open Gym</b> 7:00-8:30p			<b>Open Gym</b> 7:00–8:30 p.m.				