

UPTOWN GYM SCHEDULE

*Gym is closed 15 minutes prior to class starting

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM		Pumped! 6:15-7:10 am		Pumped! 6:15-7:10 am			
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	Silver Fitness & Strength 8:30-9:25 am			Silver Fitness & Strength 8:30-9:25 am			
9:00 AM						Pumped! 9:00-9:55 am	Pumped! 9:00-9:55 am
9:30 AM		SilverSneakers 9:30-10:15 am		SilverSneakers 9:30-10:15 am			
10:00 AM	Fit & Tone 10:00-10:55 am		Fit & Tone 10:00-10:55 am		Fit & Tone 10:00-10:55 am		
10:30 AM						Insanity 10:15-11:05 am	
11:00 AM		Pumped! 11:00-11:55 am		Pumped! 11:00-11:55 am			
11:30 AM							Full Court Pick-Up Basketball 10:30 am-1:00 pm
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM						Full Court Pick-Up Basketball 1:00-3:00 pm	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM		Pumped! 5:30-6:25 pm			Pumped! 5:30-6:25 pm		
6:00 PM			18+ Full Court Pick- Up Basketball 5:00-8:00 pm	Gladiator 6:00-7:00 pm			
6:30 PM	Pumped! 6:15-7:10 pm			Total Body Boxing 7:00-7:55 pm			
7:00 PM		Gladiator 7:00-7:55 pm					
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM				Basketball Rental 8:15-10:15pm			
9:30 PM							
10:00 PM							
10:30 PM							

	Group Fitness Class
	Small Group Training Class
	Open Gym Time
	Programmed Gym Time

The gym schedule is subject to change based on gym rental and special events. See the back side of the gym schedule for specific gym policies

