

UPTOWN GYM SCHEDULE

*The gym is closed 15 min prior to class start times.

	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							
10:30 AM	Fit & Tone 10:00-10:55 am		Fit & Tone 10:00-10:55 am		Fit & Tone 10:00-10:55 am	INSANITY 10:15-11:05 am	
11:00 AM		Pumped! 11:00-11:55 am		Pumped! 11:00-11:55 am			Full Court Pick-Up Basketball 10:30-1:00PM
11:30 AM							
12:00 PM							
12:30 PM		Total Body Conditioning 12:15-1:10 pm					
1:00 PM							
1:30 PM					Full Court Pick-Up Basketball 1:00-3:00PM		
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	18+ Full Court Pick-Up Basketball 5:00-8:00PM		Pumped! 5:30 - 6:25 PM		
6:00 PM				Gladiator 6:00 - 7:00 PM			
6:30 PM	Pumped! 6:15 - 7:10 PM			Team Knockout 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							
9:30 PM							
10:00 PM							

	Group Fitness class
	Small Group Training class
	Team Training class
	Programmed gym time
	Open gym time

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

