

 NORTH SHORE  
**GYM/COURT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:15am Strength	5:00am-8:00am Open Gym	5:30am-6:15am Strength	5:00am-8:15am Open Gym	5:00am-6:15am Open Gym	6:30am-7:45am Open Gym	6:30am-7:15am Open Gym
6:30am-9:30am Open Gym	8:30am-9:00am Cardio Circuit	6:30am-8:15am Open Gym	8:30am-9:00am Cardio Circuit	6:35am-7:20am Strength <b>*NEW*</b>	8:00am-9:00am BODYPUMP®	7:30am-8:15am Zumba® <b>*NEW*</b>
9:45am-10:15am Strength Express	9:30am-10:15am Strength	8:30am-9:00am Strength Express	9:30am-10:15am Strength	7:25am-9:10am Open Gym	9:15am-10:10am Step	8:30am-9:30am BODYPUMP®
10:45am-11:30am Strength LITE	10:30am-4:45pm Open Gym	9:40am-10:35am Zumba®	10:30am-4:45pm Open Gym	9:15am-10:10am Zumba®	10:20am-11:15am Zumba®	9:45am-11:30am Open Gym
11:35am-1:00pm Open Pickleball	5:00pm-6:00pm BODYPUMP®	10:45am-11:30am Strength LITE	6:00pm-9:00pm Basketball Leagues	10:45am-11:30am Strength LITE	11:30am-12:00pm Kids' Clubhouse	11:30am-12:00pm Kids' Clubhouse
1:00pm-5:45pm Open Gym	6:15pm-7:10pm Zumba®	11:35am-1:00pm Open Pickleball		12:00pm-2:00pm Open Basketball	12:15pm-6:00pm Open Gym	<b>3/26 12:00pm-1:00pm Pickleball 101</b>
6:00pm-7:00pm BODYPUMP®	7:15pm-9:00pm Open Gym	1:15pm-5:45pm Open Gym		2:00pm-4:00pm Open Pickleball		12:15pm-12:45pm Open Gym
7:15pm-8:10pm Zumba®		6:00pm-7:00pm BODYPUMP®		4:15pm-8:00pm Open Gym		1:00pm-4:00pm Open Pickleball
8:15pm-9:00pm Open Gym		7:15pm-9:00pm Open Gym				4:30pm-6:00pm Open Gym

**Please note:**  
**The gym is closed an hour before club  
close to allow for cleaning.**

Allow 5 to 10 minutes before and after  
scheduled listings for set-up and clean-up.

Register for Advanced Classes and  
Workshops at the Front Desk.

COMPLIMENTARY CLASS	PREMIUM CLASS ☎	OPEN GYM / BASKETBALL	AREA RESERVED	WORKSHOP ☎	OPEN PICKLEBALL
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