

 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-9:00am Open Gym	6:30am-7:45am Open Gym	6:30am-8:00am 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	9:15am-10:10am Zumba®	8:00am-9:00am BODYPUMP®	8:30am-9:30am BODYPUMP®
9:45am-10:15am Strength Express	9:30am-10:15am Strength	8:30am-9:00am Strength Express	9:30am-10:15am Strength	10:45am-11:30am Strength LITE	9:15am-10:10am Step	9:45am-11:30am Open Gym
10:45am-11:30am Strength LITE	10:30am-4:45pm Open Gym	9:40am-10:35am Strength LITE	10:30am-4:45pm Open Gym	12:00pm-2:00pm Open Basketball	10:20am-11:15am Zumba®	11:30am-12:00pm Kids' Clubhouse
11:35am-1:00pm Open Pickleball	5:00pm-6:00pm BODYPUMP®	10:35am-1:00pm Open Pickleball	5:00pm-5:55pm Strength	2:00pm-4:00pm Open Pickleball	11:30am-12:00pm Kids' Clubhouse	12:15pm-1:45pm Open Gym
1:00pm-5:45pm Open Gym	6:15pm-8:30pm Open Gym	1:00pm-5:00pm Open Gym	6:00pm-9:00pm 3-on-3 Basketball	4:00pm-7:30pm Open Gym	12:15pm-6:30pm Open Gym	2:00pm-4:00pm Open Pickleball
6:00pm-7:00pm BODYPUMP®		6:00pm-7:00pm BODYPUMP®				4:30pm-6:30pm Open Gym
7:15pm-8:10pm Zumba		7:00pm-9:00pm Instructor Training Program				

Please 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
---------------------	-----------------	-----------------------	---------------	------------	-----------------