

WAC NORTH SHORE  
**THE GYM**

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-7:00am Open Gym	5:00am-9:10am Open Gym	7:00am-8:00am BODYPUMP®	6:30am-9:15am Open Gym
6:30am-8:45am Open Gym	8:30am-9:00am Cardio Circuit	6:30am-8:15am Open Gym	7:20am-8:15am Ringside	9:15am-10:10am Zumba®	8:15am-9:00am Strength	9:30am-10:15am Zumba®
9:00am-9:55am Step Fusion	9:30am-10:15am Strength	8:30am-9:00am Strength Express	8:30am-9:00am Cardio Circuit	10:45am-11:30am Strength LITE	9:15am-10:10am Step	10:30am-11:10am Strength
10:00am-10:35pm Open Gym	10:30am-4:50pm Open Gym	10:00am-10:50am Zumba®	9:30am-10:15am Strength	12:00pm-2:00pm Open Basketball	10:20am-11:15am Zumba®	11:30am-12:00pm Kids' Clubhouse
10:45am-11:30am Strength LITE	5:00pm-6:00pm BODYPUMP®	11:05am-11:50am Strength LITE	10:30am-11:15am Strength	2:00pm-4:00pm Open Pickleball	11:30am-12:00pm Kids' Clubhouse	12:15pm-12:45pm Open Gym
11:45am-1:10pm Beginner Open Pickleball	6:15pm-7:00pm Strength	12:15pm-1:25pm Beginner Open Pickleball	11:30am-4:45pm Open Gym	4:15pm-8:00pm Open Gym	<div style="border: 1px solid black; padding: 5px;">                     9/14 &amp; 10/12                      11:30am-12:30pm                      Kickboxing                      Fundamentals Workshop                 </div>	1:00pm-5:30pm Open Pickleball
1:10pm-2:35pm Intermediate/Advanced Open Pickleball	7:15pm-9:00pm Open Gym	1:25pm-2:35pm Intermediate/Advanced Open Pickleball	5:00pm-5:55pm Zumba®			<div style="border: 1px solid black; padding: 5px;">                     9/9 &amp; 10/6                      1:30pm-3:00pm                      Intro to Pickleball                      Workshop                 </div>
2:45pm-5:50pm Open Gym		2:45pm-4:30pm Open Gym	6:00pm-9:00pm Basketball Leagues		12:45pm-6:00pm Open Gym	
6:00pm-7:00pm BODYPUMP®		5:00pm-6:00pm Ringside				
7:15pm-8:10pm Zumba®		6:15pm-7:15pm BODYPUMP®				
8:15pm-9:00pm Open Gym		7:30pm-9:00pm 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 Premium Classes and Workshops at the Front Desk.

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