


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-6:00am Open Gym	6:30am-7:45am Open Gym	6:30am-8:00am Open Gym
6:30am-8:15am Open Gym	8:30am-9:00am Cardio Circuit	6:30am-7:00am Open Gym	8:30am-9:00am Cardio Circuit	6:15am-7:10am Strength	8:00am-9:00am BODYPUMP®	8:30am-9:30am BODYPUMP®
8:20am-9:15am Zumba®	9:20am-10:05am Strength	7:00am-8:00am Total Strength	9:20am-10:05am Strength	7:30am-9:00am Open Gym	9:10am-10:05am Step	9:45am-11:30am Open Gym
9:45am-10:15am Strength Express	10:30am-4:45pm Open Gym	8:25am-8:55am Strength Express	10:30am-12:00pm Open Gym	9:15am-10:10am Zumba®	10:20am-11:15am Zumba®	11:30am-12:00pm Kids' Clubhouse
10:45am-11:30am Strength LITE	5:00pm-6:00pm BODYPUMP®	9:00am-9:30am Open Gym	12:00pm-12:30pm Shred	10:45am-11:30am Strength LITE	11:30am-12:00pm Kids' Clubhouse	12:15pm-12:45pm Open Gym
11:35am-1:00pm Open Pickleball	6:45pm-7:30pm Cardio Kickboxing	9:40am-10:35am Zumba®	12:30pm-4:45pm Open Gym	12:00pm-2:00pm Open Basketball	12:15pm-6:30pm Open Gym	1:00pm-4:00pm Open Pickleball
1:00pm-4:00pm Open Gym	7:45pm-8:30pm Open Gym	10:45am-11:30am Strength LITE	5:00pm-5:55pm Strength	2:00pm-4:00pm Open Pickleball		4:30pm-6:30pm Open Gym
4:30pm-5:00pm MOVE IT!		11:35am-1:00pm Open Pickleball	6:00pm-9:00pm 3 on 3 League	4:00pm-7:30pm Open Gym		
5:15pm-5:45pm Strength Express		1:00pm-5:00pm Open Gym				
6:00pm-7:00pm BODYPUMP®		6:00pm-7:00pm BODYPUMP®				
7:30pm-8:30pm Open Gym		7:15pm-8:30pm Open Gym				

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	ADVANCED CLASS Ⓢ	OPEN GYM / BASKETBALL	AREA RESERVED	WORKSHOP Ⓢ	OPEN PICKLEBALL
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