



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH SUMMER GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 7am-8:45am
Active Older Adults (Studio) 9am-10am Linda	Action Against Arthritis (Studio) 8am-9am Linda	Active Older Adults (Studio) 9am-10am Linda	Action Against Arthritis (Studio) 8am-9am Linda	Knee Class (Studio) 9:00am-9:30am Jodi	Youth Classes 9am-3pm
Enhance Fitness (Studio) 10:15am-11:15am Linda	Action Against Arthritis (Studio) 9:15am-10:15am Linda	Enhance Fitness (Studio) 10:15am-11:15am Linda	Action Against Arthritis (Studio) 9:15am-10:15am Linda	Enhance Fitness (Studio) 10:15am-11:15am Linda	Pickleball 3pm-4:30pm
Child Care/Camp 9:00 am-5:00pm	Tai Chi (Studio) 10:30-11:30am Linda	Child Care/Camp 9:00am-5:00pm	Tai Chi (Studio) 10:30-11:30am Linda	Child Care/Camp 9:00 am-5:00pm	Open Gym 5pm-7pm
Open Gym 5:15pm-6:30pm	Child Care/Camp 9:00 am-5:00pm	Tae Kwon Do (Ages 5+ beginner) 5:45pm-6:30pm George	Child Care/Camp 9:00am-5:00pm	Open Gym 5:00pm-7:00pm	
Tae Kwon Do (Ages 5-12 Yellow stripe +) 6:30pm-7:15pm George	Open Gym 5:15pm-8:45pm	Tae Kwon Do (Ages 5-12 Yellow stripe +) 6:30pm-7:15pm George	Youth Basketball Classes 5:30pm-6:30pm	Teen Night 7:00pm-8:45pm	SUNDAY
Skills and Drills Basketball 7:30pm-8:30pm Jason		Open Gym 7:15pm -8:45pm	Open Gym 6:30pm-8:45pm		Open Gym 8am-9am
					Pickleball 9am-11am
					Open Gym 11am-4:45pm

Summer Gym Dates: June 22nd-August 30th