



NORTH GYM

We build strong kids, strong families, strong communities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 am	Open	Open	Open	Open	Open	Closed	Closed			
8:00 am										
9:00 am										
10:00am								Silver Sneakers 9:30-10:30	Silver Sneakers 9:30-10:30	
11:00am								Open	Open	Open
12:00pm										
1:00 pm	Open	Youth Strength Training 1:00-2:00	Open	Youth Strength Training 1:00-2:00	Open	Open	Closed			
2:00 pm		Open		Open						
3:00 pm										
4:00 pm		Open		Open				Sporties for Shorties 4:30-5:15		
5:00 pm									Jump Rope 4:30-5:15	
6:00 pm		Teen Open		Open				Open	Open	Open
7:00 pm	Team Sports 5:30-6:15		Girls Volleyball 6:00-7:30	Teen Open						
8:00 pm	Teen Open				Open					
9:00 pm			Open	Open						