



# SMALL GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Room Schedule for February 2024

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>Open Gym</b> 5:00-6:00am	<b>Open Gym*</b> 5:00-8:00am	<b>Open Gym</b> 5:00-6:00am	<b>Open Gym</b> 5:00-8:00am	<b>Open Gym</b> 5:00-6:45am	FACILITY OPENS AT 7:00 AM	FACILITY OPENS AT 8:00 AM	
<b>Bootcamp</b> 6:15-7:15am Janis	<b>Barbell Pump</b> 8:15- 9:15am Diana	<b>Bootcamp</b> 6:15-7:15am Janis	<b>Barbell Pump</b> 8:15- 9:15am Diana	<b>Badminton</b> 7:00am-12:30pm			
<b>Open Gym</b> 7:30-9:30am	SEE GYM CLOSURE BELOW*	<b>Open Gym</b> 7:30-9:30am					
<b>Strength Training</b> 10:00-11:00am Sue	<b>Open Gym</b> 9:30am-4:00pm	<b>Strength Training</b> 10:00-11:00am Sue	<b>Strength &amp; Conditioning</b> 10:00-11:00am Vicki	<b>Open Gym</b> 12:45- 4:00pm SEE GYM CLOSURE BELOW*	<b>Open Gym</b> 7:00am-7:00pm *SEE GYM CLOSURE BELOW	<b>Open Gym</b> 8:00-11:15pm	
<b>AOA Circuit</b> 11:30am-12:30pm Sue		<b>Open Gym</b> 11:15am-4:00pm	<b>Open Gym</b> 11:15am-4:00pm			<b>Open Gym</b> 11:15am-4:00pm	<b>Game On! Birthday Parties</b> 11:30-2:30pm
<b>Open Gym</b> 12:45-9:00pm							<b>Pickleball</b> 4:00-7:00pm
	<b>Open Gym</b> 7:15-9:00pm	<b>Bollywood Fitness</b> 7:00-8:00pm Deepti	<b>Zumba®</b> 7:00-8:00pm Angie	<b>Open Gym</b> 7:15-9:00pm SEE GYM CLOSURE BELOW*			
		<b>Open Gym</b> 8:15-9:00pm	<b>Open Gym</b> 8:15-9:00pm			FACILITY CLOSSES AT 7:00 PM	FACILITY CLOSSES AT 6:00 PM
<b>FACILITY SCHEDULE</b> Monday—Friday 5:00am—9:00pm Saturday 7:00am-7:00pm Sunday 8:00am-6:00pm	<b>*Feb 13</b> <b>AFD Breakfast</b> <b>5:00am-11:00am</b>			<b>*Feb 16</b> <b>Family Night-Building Bonanza</b> <b>5:30-8:30pm</b> <b>*Feb 23</b> <b>Parents Night Out</b> <b>6:45-9:00pm</b>		<b>*Feb 10</b> <b>Tween Takeover</b> <b>6:45-10:00pm</b>	

Updated: February 2024



# LARGE GYM

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## Room Schedule for February 2024

All times subject to change.

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> 5:00–6:45am	<b>Open Gym*</b> 5:00–6:15am	<b>Open Gym</b> 5:00–6:45am		<b>Open Gym</b> 5:00–6:15am	<b>Open Gym</b> 5:00–9:45am	FACILITY OPENS AT 7:00AM	
<b>Badminton</b> 7:00–9:45am	<b>Pickleball</b> 6:30–9:45am <b>Feb 13 Closure*</b>	<b>Open Gym</b> 7:00–9:45am	<b>Badminton</b> 7:00–9:45am	<b>Pickleball</b> 6:30–9:45am		<b>Pickleball</b> 7:00–9:45am <b>Feb 10 Closure*</b>	<b>Badminton–Family</b> 8:00–11:00am
<b>Zumba®</b> 10:00–11:00am Rachelle	<b>Zumba®</b> 10:00–11:00am Rachelle	<b>Open Gym</b> 10:00am–12:15pm		<b>Zumba®</b> 10:00–11:00am Rachel	<b>Zumba Toning®</b> 10:00–11:00am Jean	<b>Zumba®</b> 10:00–11:00am Shanyn <b>Feb 10 Closure*</b>	<b>Open Gym</b> 11:15am–3:15pm
<b>Open Gym</b> 11:15–12:15pm	<b>StrongNation®</b> 11:15am–12:15pm Rachel			<b>StrongNation®</b> 11:15am–12:15pm Rachel	<b>Open Gym</b> 11:15am–12:15pm	<b>Open Gym</b> 11:15am–12:15pm	
<b>Pickleball</b> 12:30–3:00pm	<b>Pickleball–Beginner/ Intermediate Preferred</b> 12:30–3:00pm	<b>Pickleball</b> 12:30–3:00pm		<b>Pickleball</b> 12:30–3:00pm	<b>Community Pickleball*</b> 12:30–3:00pm	<b>Open Gym</b> 11:15am–4:45pm <b>Feb 10 Closure*</b>	
<b>Open Gym</b> 3:15–5:15pm	<b>Open Gym</b> 3:15–6:45pm	<b>Open Gym</b> 3:15–9:00pm		<b>Open Gym</b> 3:15–9:00pm	<b>Open Gym</b> 3:15–9:00pm	<b>Pickleball</b> 5:00–7:00pm	<b>Pickleball–Family</b> 3:30–6:00pm
<b>Badminton–Family</b> 5:30–9:00pm <b>Feb 12 Closure*</b>	<b>Zumba®</b> 7:00–8:00pm Rachel			<b>Volleyball</b> 5:30–9:00pm		FACILITY CLOSING AT 7:00PM	
<b>FACILITY SCHEDULE</b> Monday—Friday 5:00am–9:00pm Saturday 7:00am–7:00pm Sunday 8:00am–6:00pm		<b>*Feb 12</b> <b>AFD Breakfast</b> <b>5:00pm–9:00pm</b> <b>*Feb 13</b> <b>AFD Breakfast</b> <b>5:00am–12:00pm</b>			<b>*Pickleball Fridays open to the community. Non-members, be sure to bring valid photo ID</b>		
					<b>*Feb 10</b> <b>55+Community Pickleball Launch Party</b> <b>9:00am–12:00pm</b>		