Park Street Gym Schedule

Effective - September 5, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	5:00 AM
5:15 AM								5:15 AM
5:30 AM								5:30 AM
5:45 AM								5:45 AM
6:00 AM	Boot Camp 6:00 - 6:45 AM		Athletic Conditioning 6:00 - 6:45 AM		Core & More 6:00 - 6:45 AM			6:00 AM
6:15 AM								6:15 AM
6:30 AM								6:30 AM
6:45 AM	OPEN		OPEN		OPEN			6:45 AM
7:00 AM						OPEN	OPEN	7:00 AM
7:15 AM								7:15 AM
7:30 AM								7:30 AM
7:45 AM								7:45 AM
8:00 AM			Boot Camp 8:00 - 8:45 AM			Private One-on-One Basketball Training 8:00 - 9:00 AM		8:00 AM
8:15 AM								8:15 AM
8:30 AM								8:30 AM
8:45 AM			Senior ENHANCE Fitness 8:45 - 9:30 AM		Senior Strength Balance & Endurance 8:45 - 9:30 AM			8:45 AM
9:00 AM		Senior Strength 9:00 - 9:45 AM		Senior Strength 9:00 - 9:45 AM		Zumba 9:00-10:00 AM		9:00 AM
9:15 AM								9:15 AM
9:30 AM	Senior Strength Balance & Endurance 9:30 - 10:15 AM				OPEN		Pump it Up 9:30 - 10:30 AM	9:30 AM
9:45 AM		OPEN	Strength Core and More 9:45 - 10:45 AM	OPEN				9:45 AM
10:00 AM								10:00 AM
10:15 AM	OPEN	World Dance 10:15 - 11:15 AM		World Dance 10:15 - 11:15 AM	Pump it Up 10:15 - 11:15 AM	OPEN		10:15 AM
10:30 AM	Super Fit 10:30 - 11:30 AM						OPEN	10:30 AM
10:45 AM			OPEN					10:45 AM
11:00 AM							Pickleball 11:00 AM - 1:00 PM	11:00 AM
11:15 AM		Pickleball 11:15 AM - 12:15 PM		OPEN	OPEN			11:15 AM
11:30 AM			Pickleball 11:30 AM - 1:00 PM	Pickleball 11:30 AM - 1:00 PM	Pickleball 11:30 AM - 1:00 PM			11:30 AM
11:45 AM	Pickleball 11:45 AM - 12:45 PM							11:45 AM
12:00 PM								12:00 PM
12:15 PM		Pickleball Clinic 12:15 PM - 1:15 PM						12:15 PM
12:30 PM						Private One-on-One Basketball Training 12:30 - 2:30 PM		12:30 PM
12:45 PM	OPEN							12:45 PM
1:00 PM			OPEN	OPEN	OPEN			1:00 PM
1:15 PM								1:15 PM
1:30 PM		Adult 18+ Open Basketball 1:15 - 3:00 PM					Private One-on-One Basketball Training 1:30 - 3:30 PM	1:30 PM
1:45 PM								1:45 PM
2:00 PM	Adult 18+ Open Basketball 2:00 - 3:00 PM		Adult 18+ Open Basketball 2:00 - 3:00 PM					2:00 PM
2:15 PM								2:15 PM
2:30 PM						Pickleball 2:30 PM - 4:00 PM		2:30 PM
2:45 PM								2:45 PM
3:00 PM	7th Grade Initiative Open Gym 3:00 - 3:30 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM	7th Grade Initiative Open Gym 3:00 - 3:30 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM			3:00 PM
3:15 PM								3:15 PM
3:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN		OPEN	3:30 PM
3:45 PM	All-Star and MVP Basketball 3:45 - 4:30 PM	Youth Fitness and 7th GI 3:40 - 4:25 PM	Rookie (Beginners) 3:40 - 4:25 PM	Tennis Technique (1-3) 3:40 - 4:25 PM	Soccer (1-3) 3:40 - 4:25 PM			3:45 PM
4:00 PM								4:00 PM
4:15 PM								4:15 PM
4:30 PM	MVP Basketball 4:30 - 5:15 PM	Bump, Set, Spike (4-6) 4:25 - 5:10 PM	Starter Basketball 4:25 - 5:10 PM	Tennis Technique (4-6) 4:25 - 5:10 PM	Soccer (4-6) 4:25 - 5:10 PM	OPEN		4:30 PM
4:45 PM								4:45 PM
5:00 PM								5:00 PM
5:15 PM	Basketball (7-9) 5:15 - 6:00 PM	Bump, Set, Spike (7-9) 5:15 - 6:00 PM	Private One-on-One Basketball Training 5:15 - 6:00 PM	Strong Warrior 5:15 - 6:00 PM	Shred 5:15 - 6:00 PM			5:15 PM
5:30 PM								5:30 PM
5:45 PM								5:45 PM
6:00 PM	Pickleball Clinic 6:00 PM - 7:00 PM	Butts & Guts 6:00 - 7:00 PM	OPEN	Zumba 6:00 - 7:00 PM	Private One-on-One Basketball Training 6:00 - 7:00 PM	CLOSED	CLOSED	6:00 PM
6:15 PM								6:15 PM
6:30 PM								6:30 PM
6:45 PM								6:45 PM
7:00 PM		OPEN		Boot Camp 7:00 - 8:00 PM	Zumba 7:00 - 7:45 PM			7:00 PM
7:15 PM	Adult 18+ Open Basketball 7:15 - 8:45 PM							7:15 PM
7:30 PM								7:30 PM
7:45 PM					OPEN			7:45 PM
8:00 PM				OPEN				8:00 PM
8:15 PM		Teen 13-17 Open Basketball 8:15 - 8:45 PM	Adult 18+ Open Basketball 8:15 - 8:45 PM	Teen 13-17 Open Basketball 8:15 - 8:45 PM	Teen 13-17 Open Basketball 8:15 - 8:45 PM			8:15 PM
8:30 PM								8:30 PM
8:45 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING			8:45 PM

Friendly Reminders:

- Teen Open Basketball is for teenagers aged 13-17
- Adult Open Basketball is for adults aged 18+
- For safety and logistical reasons, some scheduled classes may run over their allotted time; we appreciate your patience.
- Food is not permitted in the gym
- Backpacks are to be stowed in lockers before utilizing the gym
- The gym schedule is subject to change

Key	
Group Exercise Classes	Private Basketball Training
Pickleball	Teen Programs
Adult Open Basketball	Teen Open Basketball
Youth Healthy Living	Youth Sports
Open Availability	Closed