

 **PARK STREET GYMNASIUM - July 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr Strength End & Bal 9:30-10:15am				Group ex weather site 8-8:30am		Adult Bball 8am-10am
Boot Camp 10:30- 11:15am		Chair Yoga 10:30- 11:15am		Sr Strength End & Bal 8:45-9:30am	Adult Bball 10am-12pm	Teen Bball 10-11am
Pickleball 11:15-12pm			Pickleball 11:15-12pm		Teen Bball 12-2pm	Family Gym Indoors & Turf 11am-2pm
Pickleball 12:15-1pm	Adult Bball 12-2pm	Adult Bball 12-2pm	Pickleball 12:15-1pm	Adult Bball 12-2pm		
Teen Bball 2-4pm	Teen Bball 2-4pm	Teen Bball 2-4pm	Sr. Low Impact Movement 1:15-2pm	Teen Bball 2-4pm		
Adult Bball 6-8pm	Pump it Up 6-6:45pm	Group ex weather site 5:15-5:45pm	Teen Bball 2-4pm	Back to Abs 5:15-5:45pm		7.5.2021
		Group ex weather site 6-6:45pm	Pump it Up 6-6:45pm	Zumba 6-6:45pm		