



June 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTES: -To avoid class disruptions, please arrive 5 minutes prior to the start of class. -Masks are <u>always required during class</u>. Spots are limited due to social distancing. -10+ are welcome with a parent or guardian for open gym. 14+ may join all classes independently. -All classes/programs are subject to change. -Rock wall is open for all members during operating hours. -Open Gym Times subject to change.</p>	<p>1</p> <p>8-9am OG Bball (G) 10:15-11am Zumba Gold w/Becky (G) 12-8pm OG Bball (G)</p>	<p>2</p> <p>8-10am OG Bball (G) 10:15-11am Senior Stretch w/Marie (P) 1-3pm OG Pickleball (G) 3-4pm OG Bball (G) 6-6:45pm Strength w/Theo (FC) 5-8pm OG Bball & Vball (G)</p>	<p>3</p> <p>8-9am OG Bball (G) 10:15-11am Fitness in Motion w/Gina (G) 12-4pm OG Bball (G) 6-6:45pm Cardio & Core w/Liz (UPL) 5-8pm OG Bball (G)</p>	<p>4</p> <p>8-10am OG Bball (G) 10:15-11am Silver Sneakers Classic w/Arlene (G) 11:30am-1pm OG Pickleball(G) 2-4:30pm OG Bball (G) 4:30-8pm OG Family Night (G)</p>
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