ATHLETIC TRAINING CENTER SCHEDULE

Effective October , 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open for member use Monday-Friday 6:00-8:30am				**Strength Circuit** *Mary* 6:30-7:30am		
				Open to members 7:30-8:30am		
Closed for cleaning 8:45-9:15am					**Open for member use 8-10am**	**Open for member use 8-11am**
Tai Chi *Pat* 9:30-10:15am		**Tai Chi** *Pat* 9:30-10:15am	**Strength Circuit** *Rhoda* 9:30-10:15am	**Open for member use 9:30-11:30am**		
Pilates Mat *Fran* 10:30-11:30am	**Pilates Mat** *Jenn* 10:30-11:30am	**Strength Circuit** *Amanda* *10:30-11:15pm*	**Pilates Mat** *Jenn* 10:30-11:30am		**Yoga** *Luanne* 10:30-11:30am	
Parkinson's Exercise Class *Cathy* 11:30am-12:30pm	**Yoga** *Jessica* 11:30am-12:30pm	**Pilates Mat** *Barbara* 11:30am-12:30pm	**Yoga** *Jessica* 11:30am-12:30pm	**Core & Stretch** *Lisa* 11:30am-12:30pm	**Youth Strength** 11:45am-12:30pm	**Total Body Stretch** *Lisa* 11:30am-12:30pm
Cardio & Tone *Dina* 12:45-1:30pm	**Open for member use 1-4pm**					
Open for member use 2-4pm						
Closed for cleaning 4-5pm						
Reserved for Wahoo Dryland Training 5:00-7:00pm	**Reserved for Wahoo Dryland Training** 4:00-7:00pm	**Reserved for Wahoo Dryland Training** 4:00-7:00pm	**Reserved for Wahoo Dryland Training** 4:00-7:00pm	**Reserved for Wahoo Dryland Training** 4:00-7:00pm		
Open for member use Monday-Friday 7-8pm						
Closed for cleaning 8-9pm						

If room is locked during open member use, please ask front desk for assistance.