

Healthy Start Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	7:00 - 8:00am OPEN NO ATTENDANT
8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT
9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT
10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:30- 11:30 OPEN NO ATTENDANT
12:00-4:00 OPEN NO ATTENDANT	11:15 - 12:00 CIRCUIT CLASS Madalene 12:00-4:00 OPEN NO ATTENDANT	12:00-4:00 OPEN NO ATTENDANT	11:15 - 12:00 CIRCUIT CLASS Madalene 12:00-4:00 OPEN NO ATTENDANT	12:00-4:00 OPEN NO ATTENDANT	11:30-4:00 OPEN NO ATTENDANT
4:00 - 5:00PM CIRCUIT CLASS Jason	4:00 - 5:00PM CIRCUIT CLASS Jason	4:00 - 5:00PM CIRCUIT CLASS Terry	4:00 - 5:00PM CIRCUIT CLASS Jason	4:00 - 5:00PM CIRCUIT CLASS Terry	11:30- 6:00 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> NO ATTENDANT
5:00- 9:30 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> Ask for ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> Ask for ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> Ask for ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> Ask for ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 8:00 PM FAMILY WORKOUT <i>(Ages 6 and up)</i> Ask for ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	<i>(Ages 6 and up)</i> NO ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>

SUNDAY	9:00 - 4:00 FAMILY WORKOUT <i>(Ages 6 and up)</i> NO ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>
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Children under the age of 13 are only allowed to workout during Family Workout timeslots and must be supervised by a parent or guardian.

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