

# Teen Center Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00						
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00						
9:30		Senior Circuit		Senior Circuit		
10:00		9:30-10:00		9:30-10:00		
10:30	Ladies Circuit	Senior Circuit	Ladies Circuit	Senior Circuit	Ladies Circuit	
11:00	10:15-10:45	10:15-10:45	10:15-10:45	10:15-10:45	10:15-10:45	
11:30						
12:00						
12:30 PM						
1:00				Y-Weigh Circuit		
1:30				1:00-1:30		
2:00						
2:30						
3:00	Orientation		Orientation			
3:30	3:30-4:00		3:30-4:00			
4:00	Cardio Burn	WSF Team	Cardio Burn	WSF Team		
4:30	4:15-4:45	4:15-4:45	4:15-4:45	4:15-4:45		
5:00	Walk/Run	All Kids Can	Walk/Run	All Kids Can		
5:30	5:00-5:45	5:15-6:00	5:00-5:45	5:15-6:00		
6:00		Circuit	All Kids Can	Circuit		
6:30		6:15-7:00	6:00-6:45	6:15-7:00		
7:00		Teen Wt. Train		Teen Wt. Train		
7:30		7:15-8:00		7:15-8:00		
8:00						
8:30						

Effective May 24, 2010

	Adults Only
	No Classes Scheduled
	Must Register for Class or Outside Group
	Classes Open to Members