

# **TAG CENTER FITNESS/GYM/TRACK SCHEDULES**

**7/1/10 – 7/31/10**

<b><u>BUILDING HOURS</u></b>	
<b>Labor Day – Memorial Day</b> Mon-Fri ~ 4:30am – 8:30pm Sat ~ 7:00am – 4:30pm Sun ~ 12:00 – 4:30pm	<b>Memorial Day – Labor Day</b> Mon-Thur ~ 4:30am – 8:00pm Fri ~ 4:30am – 6:00pm Sat ~ 7:00am – 12:00pm Sun ~ CLOSED
(HOURS SUBJECT TO CHANGE)	

Gymnasium	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 – 6:30AM	Adult Basketball (5:00-6:30)	Boot Camp (5:05-6:10)	Adult Basketball (5:00-6:30)	OPEN	Adult Basketball (5:00-6:30)
6:30 – 8:30AM	OPEN	OPEN	OPEN	OPEN	OPEN
8:30 – 9:45AM	TWIGS Preschool (9:15-9:45)	OPEN	TWIGS Preschool (9:15-9:45)	TWIGS Preschool (9:15-9:45)	Fitness Friday (8:30-9:30)
9:45AM – 1:00PM	OPEN	OPEN	OPEN	OPEN	OPEN
1:00-3:00PM	OPEN	REC Basketball 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> (1:00-3:00)	OPEN	OPEN	OPEN
3:00 – 6:15PM	OPEN	OPEN	OPEN	OPEN	OPEN
6:15 – 8:00PM	Boot Camp (6:35-7:25)	Zumba (6:20-7:40)	OPEN	Zumba (6:20-7:40)	Close @ 6:00pm
	Saturday			Sunday	
7:00 – 9:00AM	OPEN	Parent/Toddler Tumbling (9:15-9:45)		CLOSED	
10:00AM-12:00PM	OPEN				

*\* Fitness Center is open during business hours. Open to Adults and students that meet the age requirements.*

Cycling Studio	Monday	Tuesday	Wednesday	Thursday	Friday
4:30AM – 6:00PM	OPEN	OPEN	OPEN	OPEN	OPEN
6:00-8:00PM	OPEN	OPEN	OPEN	OPEN	Close @ 6:00pm
	Saturday			Sunday	
	7:00AM – 12:00PM	OPEN		CLOSED	

### **Walking Track:**

- Ages 8 & under are to be accompanied by a parent.
- Strollers are permitted on the track at the discretion of the TAG Center Staff.
- Please be courteous to others using the track and follow the direction of the arrows for the day.
- (Inside lane is for walking, outside lane is for running)