

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

**3/1/10 – 3/31/10**

<u><b>BUILDING HOURS</b></u>	
<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)	OPEN	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
9:45 – 11:00AM	Forever Fit (9:45-11:00)	OPEN	Forever Fit (9:45-11:00)	OPEN	Forever Fit (9:45-11:00)
11:00AM-4:15PM	OPEN	OPEN	OPEN	OPEN	OPEN
4:15-5:30PM	Shape Shoppe (4:15-5:30)	Kids in Motion (4:30-5:00)	OPEN	Shape Shoppe (4:15-5:30)	OPEN
5:30 – 7:15PM	OPEN	Zumba (6:15-7:30)	OPEN	Zumba (6:15-7:30)	Volleyball Open Gym (4:30-8:30)
7:15 – 8:30PM	OPEN	OPEN	OPEN	OPEN	
<b>**Friday, March 12<sup>th</sup> ~ Movie – Star Wars...The Empire Strikes Back...7:45pm in the gym**</b>					
	<b>Saturday</b>	Mar 20 <sup>th</sup> TBA 3 on 3 Tournament		<b>Sunday</b>	
7:00AM – 4:30PM	OPEN	Parent/Toddler Tumbling (8:30-9:00)		12:00-4:30PM	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
4:30 - 5:30AM	OPEN	OPEN	Group Cycling (4:30-5:30)	OPEN	OPEN
5:00 – 6:15AM	OPEN	Group Cycling (5:00-6:15)	OPEN	Group Cycling (5:00-6:15)	OPEN
6:15AM – 4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN
4:45 - 6:00PM	Indoor Cycling (4:45-6:00)	OPEN	Indoor Cycling (4:45-6:00)	OPEN	OPEN
6:00 – 8:30PM	OPEN	OPEN	OPEN	OPEN	OPEN
	<b>Saturday</b>			<b>Sunday</b>	
	7:00AM – 4:30PM	OPEN		12:00 – 4:30PM	OPEN

### **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)