

# TAG CENTER FITNESS/GYM/TRACK SCHEDULES

5/1/12 – 5/28/12

\*May 25-Close at 6:00pm/May 26-28-TAG Center CLOSED for Memorial Day Weekend\*



## GYMNASIUM

### BUILDING HOURS

#### Labor Day – Memorial Day

Mon-Fri ~ 4:30am – 8:30pm  
Sat ~ 7:00am – 4:30pm  
Sun ~ 12:00 – 4:30pm

#### (Fitness Center)

\*Gymnasium CLOSED  
May 24 & 25  
for Refinishing\*

(HOURS SUBJECT TO CHANGE)

#### Memorial Day – Labor Day

Mon-Thur ~ 4:30am – 8:00pm  
Fri ~ 4:30am – 6:00pm  
Sat ~ 7:00am – 12:00pm  
Sun ~ CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN (4:30-9:00am)	Boot Camp (4:50-5:55am)	OPEN (4:30-9:00am)	OPEN (4:30-9:00am)	OPEN (4:30-8:15am)
	OPEN (5:55-10:00am)		TWIGS Preschool (9:00-9:30am)	
TWIGS Preschool (9:00-9:30am)	SilverSneakers Muscle Strength and Stretch (10:00-11:15am)	TWIGS Preschool (9:00-9:30am)	SilverSneakers Muscle Strength and Stretch (10:00-11:15am)	Preschoolers on the Run (8:15-9:00am)
Forever Fit (9:50-10:55am)	OPEN (11:15am-6:20pm)	Forever Fit (9:50-10:55am)	OPEN (11:15am-5:20pm)	Forever Fit (9:50-10:55am)
OPEN (10:55am-5:20pm) 5/7 & 5/14 Strike Class 4:30-5:15pm		OPEN (10:55am-5:20pm)	Beginner Boot Camp (5:20-6:20pm)	OPEN (10:55am-8:30pm)
Grab Bag Mondays (5:20-6:40pm)		Zumba Toning (6:20-7:20pm)	Step-Boxing (5:20-6:40pm)	
OPEN (6:40-8:30pm)	OPEN (7:20-8:30pm)	OPEN (6:40-8:30pm)	OPEN (7:20-8:30pm)	
<b>Saturday</b>				<b>Sunday</b>
OPEN (7:00-4:30pm)				OPEN (12:00-4:30pm)

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

## CYCLING STUDIO



Monday	Tuesday	Wednesday	Thursday	Friday
OPEN (4:30am-8:30pm)	OPEN (4:30am-8:30pm)	OPEN (4:30am-8:30pm)	OPEN (4:30am-8:30pm)	Body Cyke (4:45-5:30am)
				OPEN (5:30am-8:30pm)
<b>Saturday</b>			<b>Sunday</b>	
OPEN (7:00am-4:30pm)			OPEN (12:00-4:30pm)	

## WALKING TRACK



- Open during Building Hours, see schedule above.
- Ages 7 & under are to be accompanied by a parent or guardian 12 years old or older.
- 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)