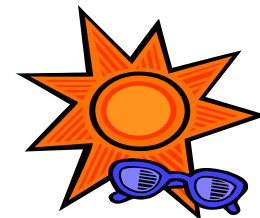
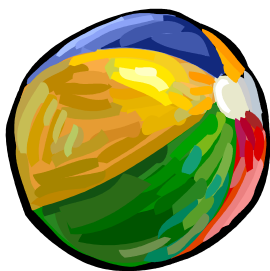


Gym Schedule



Monday

Sculpt: 11:30 AM – 12:15 PM
Pickup Basketball: 12:15 PM – 1:45 PM
Boot Camp: 4:30 PM – 5:05 PM
Power Pump: 5:15 PM – 6:15 PM

Tuesday

WERQ: 5:15PM – 6:05PM

Wednesday

Pickup Basketball: 12:15 PM – 1:45 PM
Power Pump: 5:15 PM – 6:15 PM
Volleyball: 7:00 PM – 9:00 PM
Jimringo@gmail.com

Thursday

Total Body Condition: 12:00 PM -12:45 PM
WERQ: 5:15 PM - 6:05 PM
Pickup Badminton: 7:00 PM – 9:00 PM

Friday

Power Yoga: 11:30 AM – 12:15 PM
Pickup Basketball: 12:30 PM – 1:45 PM
Basketball: 6:00PM– 8:00PM
Shiva_Kothari@URMC.Rochester.edu

Saturday

Soccer: 10:00AM– 12:00PM
Gilberto_Lopez@URMC.Rochester.edu

**please call 275 - 1442 for reservations*

Sunday

**please call 275 - 1442 for reservations*

FUN Fitness Camp in gym mon-fri

