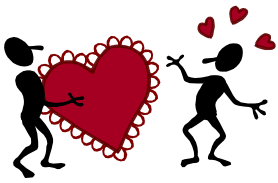


Gym Schedule



February



Monday

Power Sculpt: 11:30AM – 12:15PM
Pickup Basketball: 12:15PM – 1:45PM
Power Sculpt: 5:15PM – 6:15PM
Volleyball League: 6:30PM – 10:30PM

Tuesday



Turbo Pump: 11:30AM – 12:25PM
Well U : 12:30PM - 1:15pm *
WERQ: 5:15PM – 6:05PM
Soccer League: 6:30PM – 9:30PM

Wednesday

AM BOOT CAMP 6:30AM – 7:20 AM
Kickboxing: 11:30AM – 12:15PM
Pickup Basketball: 12:15PM – 1:45PM
Power Sculpt: 5:15PM – 6:15PM
Volleyball: 7:00PM – 9:00PM
Jimringo@gmail.com

Thursday

Interval: 12:15PM -1:15PM
Turbo Kick: 5:15PM - 6:15PM
Pickup Badminton: 7:00PM – 9:00PM
Basketball: 9:00PM –10:30PM

Friday

Boot Camp: 11:30AM – 12:15PM
Pickup Basketball: 12:30PM – 1:45PM

Soccer: 5:30PM – 7:00PM

Benjamin_Gertsen@URMC.Rochester.edu

Saturday

***please call 275 - 1442 for reservations**

Sunday

***please call 275 - 1442 for reservations**



**Fun Fitness
camp Feb.
15th – 19th**