



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NAVY 7-8 a.m.	OPEN GYM 7-9:15 a.m.	NAVY 7-8 a.m.	OPEN GYM 7-9 a.m.	NAVY 7-8 a.m.
OPEN GYM 8-9:15 a.m.		Y CARE 8-9 a.m.		FRIDAY FLOW <i>with Celia</i> 8:15-9:15 a.m.
SILVER STRONG <i>with Angie</i> 10-11 a.m.	PARKINSON'S <i>with Angie</i> 10-11 a.m.	GENTLE YOGA <i>with Sue</i> 9:30-10:45 a.m.	BARRE <i>with Daneem</i> 9:30-10:30 a.m.	SILVER STRONG <i>with Angie</i> 10-11 a.m.
THE BALANCE CLASS <i>with Angie</i> 11-11:30 a.m.	OPEN GYM 11:30 a.m.-5 p.m.	Y CARE 11:15 a.m.-12:30 p.m.	OPEN GYM 11 a.m.-5 p.m.	THE BALANCE CLASS <i>with Angie</i> 11-11:30 a.m.
OPEN GYM 12-4 p.m.		OPEN GYM 12:45-3:45 p.m.		OPEN GYM 12-1 p.m.
GENTLE YOGA <i>with Sue</i> 4-5 p.m.		Y CARE 4-5 p.m.		
				<div style="border: 2px solid purple; padding: 5px; text-align: center;"> <p>FITNESS CLASS</p> <hr/> <p>OPEN GYM</p> <hr/> <p>PROGRAM</p> </div>