



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PICKLEBALL 7-9:15 a.m.	PICKLEBALL 7-9:15 a.m.	NAVY ZUMBA *All are welcome to attend 7-8 a.m.	PICKLEBALL 9 a.m.-12 p.m.	PICKLE BALL 7-9:15 a.m.
		OPEN GYM 8-9:15 a.m.		
SILVER STRONG <i>with Celia</i> 10-10:45a.m.	PARKINSON'S <i>with Angie</i> 10-11 a.m.	GENTLE YOGA <i>with Sue</i> 9:30-10:45 a.m.		SILVER STRONG <i>with Celia</i> 10-11 a.m.
THE BALANCE CLASS <i>with Celia</i> 10:45-11:15 a.m.	OPEN GYM 11:30 a.m.- 1 p.m.			THE BALANCE CLASS <i>with Celia</i> 11-11:30 a.m.
OPEN GYM 12-3 p.m.	ROCK STEADY BOXING 1-3 p.m.	OPEN GYM 11:15-3:45 p.m.	OPEN GYM 12-1 p.m.	OPEN GYM 12-1 p.m.
PICKLEBALL 3-5 p.m.	OPEN GYM 3-5 p.m.	PICKLEBALL 3-5 p.m.	OPEN GYM 3-5 p.m.	

FITNESS CLASS

OPEN GYM

PROGRAM

\*Effective 9/13/21