



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN GYM 7-9:15 a.m.	OPEN GYM 7-9:15 a.m.	NAVY ZUMBA *All are welcome to attend* 7-8 a.m.		OPEN GYM 7-9:15 a.m.
		PICKLEBALL 8 a.m.-12 p.m	PICKLEBALL 9 a.m.-12 p.m	
SILVER STRONG <i>with Celia</i> 10-10:45a.m.	PARKINSON'S <i>with Angie</i> 10-11 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.		OPEN GYM 12-1 p.m.	THE BALANCE CLASS <i>with Celia</i> 11-11:30 a.m.
REAL SCHOOL 11:30 a.m. - 1 p.m.	ROCK STEADY BOXING 1-2 p.m.	OPEN GYM 12-3 p.m.	ROCK STEADY BOXING 1-2 p.m.	REAL SCHOOL 11:30 a.m. - 1 p.m.
OPEN GYM 12-3 p.m.	PICKLEBALL 2-4 p.m.		PICKLEBALL 2-4 p.m.	
PICKLEBALL 3-5 p.m.	OPEN GYM 4-5 p.m.	PICKLEBALL 3-5 p.m.	OPEN GYM 4-5 p.m.	

FITNESS CLASS

OPEN GYM

PROGRAM

*Effective 10/26/21