

WAC NORTH SHORE
THE GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:15am Strength	5:00am-8:00am Open Gym	5:30am-6:15am Strength	5:00am-7:00am Open Gym	5:00am-9:10am Open Gym	6:30am-8:00am Open Gym	6:30am-9:15am Open Gym
6:30am-8:45am Open Gym	8:30am-9:00am Cardio Circuit	6:30am-8:15am Open Gym	7:20am-8:15am Ringside	9:15am-10:10am Zumba®	8:15am-9:00am Strength	9:30am-10:15am Zumba®
9:00am-9:35am Step Express	9:30am-10:15am Strength	8:30am-9:00am Strength Express	8:30am-9:00am Cardio Circuit	10:45am-11:30am Strength LITE	9:15am-10:10am Step	10:30am-11:10am Strength
9:45am-10:15am Strength Express	10:30am-6:15pm Open Gym	10:10am-11:05am Zumba®	9:30am-10:15am Strength	12:00pm-2:00pm Open Basketball	10:20am-11:15am Zumba®	11:30am-12:00pm Kids' Clubhouse
10:45am-11:30am Strength LITE	6:15pm-7:10pm Zumba®	11:10am-12:00pm Strength LITE	10:30am-5:00pm Open Gym	2:00pm-4:00pm Open Pickleball	11:30am-12:30pm Kickboxing Fundamentals	12:15pm-12:45pm Open Gym
11:35am-1:00pm Beginner Open Pickleball	7:15pm-9:00pm Open Gym	12:00pm-1:00pm Beginner Open Pickleball	5:00pm-5:55pm Zumba®	4:15pm-8:00pm Open Gym	12:45pm-6:00pm Open Gym	1:00pm-5:30pm Open Pickleball
1:00pm-2:35pm Intermediate/Advanced Open Pickleball		1:00pm-2:35pm Intermediate/Advanced Open Pickleball	6:00pm-9:00pm Basketball Leagues			<div style="border: 1px solid black; padding: 5px;"> 7/14 & 8/18 1:30pm-3:00pm Intro to Pickleball Workshop </div>
2:45pm-5:50pm Open Gym		2:45pm-4:30pm Open Gym	<div style="border: 1px solid black; padding: 5px;"> 7/18 & 8/29 6:00pm-7:00pm Self Defense Workshop </div>			
6:00pm-7:00pm BODYPUMP®		4:45pm-5:45pm Ringside				
7:15pm-8:10pm Zumba®		5:50pm-9:00pm Open Gym				
8:15pm-9:00pm Open Gym						

Please note:
 The gym is closed an hour before club close to allow for cleaning.

Allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

Register for Premium Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS	PREMIUM CLASS ☎	OPEN GYM / BASKETBALL	AREA RESERVED	WORKSHOP ☎	OPEN PICKLEBALL
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