



# Open House Schedule

1:00 p.m.- 3:00 p.m.

**1:00 pm-** Program Demo: Drums Alive

Group Exercise Room

**Program Demo: Cycling**

Cycling Room

**1:30 pm-** Program Demo: Pilates & Body Sculpt (15 min. each)

Group Exercise Room

**Program Demo: Youth Basketball Contests**

Gym

**2:00 pm-** Q&A: Gymnastics & Performing Arts Programs

**Observe Boys Gymnastics Class**

Gymnastics Center

**2:30 pm-** Program Demo: Aqua Sampler

**Q&A: Youth Aquatics**

Pool

**3:00 pm-** Program Demo: Adult Gymnastics

Gymnastics Center

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Questions?**

Member Service Desk  
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