

AEROBICS ROOM SCHEDULE

AVAILABLE TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am - 7am	Open	Open	Closed	Open	Open	Closed	Closed
7am - 8am	Open	Closed	Open @7:15am-8am	Closed	Open	Closed	Closed
8am - 1pm	Closed	Closed	Closed	Closed	Closed	Closed	Open 10:30am-1:00 p.m.
1pm - 5pm	Open	Open	Open	Open	Open	Open	Closed

IMPORTANT INFORMATION:

- No backpacks allowed.
- No food or drinks besides bottled water.
- Return all weights to rack after use in the weight room area. No more than 15lb weights allowed.
- No loud music or radio is allowed.
- No equipment is available in this room to use. Mats, jump ropes & dumbbells are located in the weight room.
- No dance practices or teaching a class is allowed.
- Lights need to be on at all times for security and safety reasons.
- **Room availability is subject to change without notice.**