



MCGUIRE-DENT PROGRAM SCHEDULE



SCAN FOR DIGITAL COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT	
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM				BEND & STRETCH YOGA W/ LEAH		BEGINNER YOGA (LEVEL 1) W/ LEAH		BEND & STRETCH YOGA W/ LEAH
11:00 AM				TAI CHI & QIGONG (RACQUETBALL)				
12:00 PM			BEGINNER YOGA (LEVEL 1) W/ LEAH	KICKBOXERROBICS (GROUPX)	KICKBOXERROBICS (GROUPX)	KICKBOXERROBICS (GROUPX)	BEGINNER YOGA (LEVEL 1) W/ LEAH	
1:00 PM								
2:00 PM			TWO-STEP DANCING 2:00-5:30PM			TWO-STEP DANCING 2:00-5:30PM		
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM		YOGA W/ GALEN	KICKBOXERROBICS (GROUPX)	YOGA W/ JENNIFER + YOGA TONING	KICKBOXERROBICS (GROUPX)			
7:00 PM			YOGA W/ CHRISTOPHER 6:30PM-7:30PM		YOGA W/ CHRISTOPHER 6:30PM-7:30PM			

UPDATED: MAY 2022

Subject to change



MCGUIRE-DENT GYM SCHEDULE



SCAN FOR
DIGITAL
COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM			PICKLEBALL ALL PLAY 7:00AM-10:00AM		PICKLEBALL ALL PLAY 7:00AM-10:00AM	PICKLEBALL ALL PLAY 7:00AM-10:00AM	
8:00 AM		BADMINTON 8:00AM-10:00AM		BADMINTON 8:00AM-10:00AM			
9:00 AM							PICKLEBALL ALL PLAY 9:00AM-12:00PM
10:00 AM			PICKLEBALL 3.5 & LOWER 10:00AM-1:00PM (NOT OFFERED JUNE-JULY)		PICKLEBALL 3.5 & UP 10:00AM-1:00PM (NOT OFFERED JUNE-JULY)		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM			FUTSAL 6:00PM-7:45PM		FUTSAL 6:00PM-7:45PM		
7:00 PM							

UPDATED: MAY 2022

Subject to change

NOTICE:

*Open hours in schedule = Open recreation time
Utilization of the entire gym is ONLY for approved activities.
Gym will be equally shared during open recreation.*



YOGA @ MCGUIRE-DENT



SCAN FOR
DIGITAL
COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT	
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM				BEND & STRETCH YOGA W/ LEAH		BEGINNER YOGA (LEVEL 1) W/ LEAH		BEND & STRETCH YOGA W/ LEAH
11:00 AM				10:00AM-11:00AM		10:00AM-11:00AM		10:00AM-11:00AM
12:00 PM			BEGINNER YOGA (LEVEL 1) W/ LEAH				BEGINNER YOGA (LEVEL 1) W/ LEAH	
1:00 PM			12:00PM-1:00PM				12:00PM-1:00PM	
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM		YOGA W/ GALEN	YOGA W/ CHRISTOPHER	YOGA W/ JENNIFER	YOGA W/ CHRISTOPHER			
7:00 PM		6:00PM-7:00PM	6:30PM-7:30PM	+ YOGA TONING 6:00PM-7:30PM	6:30PM-7:30PM			

UPDATED: MAY 2022

Subject to change



YOGA @ MCGUIRE-DENT

*See you on
the mat!*



Christopher



Jennifer



Leah



Galen

INSTRUCTOR: LEAH TROPEA

BEGINNER (LEVEL 1) YOGA

THURS: 10:00 AM – 11:00 AM

MON & FRI: 12:00 PM – 1:00 PM

BEND & STRETCH YOGA

TUES & SAT: 10:00 AM – 11:00 AM

INSTRUCTOR: CHRISTOPHER EMMETT

TUES & THURS: 6:30 PM – 7:30 PM

INSTRUCTOR: GALEN RICHISON

MON: 6:00 PM – 7:00 PM

INSTRUCTOR: JENNIFER KEY

WED: 6:00 PM – 7:00 PM

YOGA TONING

WED: 7:00 PM – 7:30 PM

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