



Spring Semester 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Training Available	Personal Training Available	Personal Training Available	Youth Minecraft 5p-6p	Personal Training Available	Personal Training Available
Boys Club 6p-7p	Exploring Sensations 5:30p-6:10p	Self-Regulation Skills 5:30p-6:15p	Boxing 6p-6:45p		Boys Club 9:30a-10:30a
Girl Power 6p-7p	Exploring Sensations 6:15p-6:55p	Young Adult Connections (18-21) 6:30p-7:30p	Youth Minecraft 6p-7p	Professional Development	Exploring Sensations 10a-10:40a
Art & Music for Relaxation 7p-7:45p		Exploring Sensations 7p-7:40p	Adult Connections (21+) 6:30p-8p		Fitness for Beginners 7p-7:45p
	Teen Minecraft Plus 7p-8p	Teen Kinect 11:15a-12:30p			
				Special Events	Exploring Sensations 11:30a-12:10a
					Teen Basketball* 12:45p-1:30p
					AU Fit 12:45p-1:30p
					Cooking Club (Once a month) 1:30p-3p