



# Gymnasium & Fitness Center Fall Schedule Effective September 5, 2017

*Schedules are subject to changer seasonally.*  
718.792.1800, ext. 244 | [bronxhouse.org](http://bronxhouse.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Senior Conditioning</b> 9:15-10:15am  <b>Pre-K Gym</b> 10:30am-12pm  <b>Adult Gym</b> 12-2:30pm  <b>After School Program</b> 2:30-6:15pm  <b>Adult Gym Basketball</b> 6:30-8:45pm	<b>Silver Sneakers</b> 9:15-10:15am  <b>Pre-K Gym</b> 10:30am-12pm  <b>Adult Gym</b> 12-2:30pm  <b>After School Program</b> 2:30-6:15pm  <b>Teen Gym Basketball</b> 6:30-8:45pm	<b>Chair Yoga</b> 9-9:30am  <b>Pre-K Gym</b> 10:30am-12pm  <b>Adult Racquetball</b> 12-2:30pm  <b>After School Program</b> 2:30-6:15pm  <b>Adult Gym Basketball</b> 6:30-8:45pm	<b>Silver Sneakers</b> 9:15-10:15am  <b>Pre-K Gym</b> 10:30am-12pm  <b>Adult Gym</b> 12-2:30pm  <b>After School Program</b> 2:30-6:15pm  <b>Teen Gym Basketball</b> 6:30-8:45pm	<b>Pre-K Gym</b> 10:30am-12pm  <b>Adult Racquetball</b> 12-2:30pm  <b>After School Program</b> 2:30-6:15pm  <b>DYCD Teen Gym</b> 6:30-8:45pm	<b>Pre-School Sports</b> 10:30am-12pm  <b>Youth Sports</b> 12-3pm  <b>Teen Full Court Basketball</b> 3:15-4:45pm	<b>Adult Gym Basketball</b> 8:30-10:30am  <b>Members Only Climbing Wall</b> 10:30am-12pm <b>Opening Date TBA</b>  <b>Special Needs Programs*</b> 12:15-2:15pm  <b>Climbing Wall Parties**</b> 12-2pm  <b>Teen Gym Basketball</b> 2:30-4:45pm

**Fitness Center Hours**  
Monday–Friday: 8:30am-8:45pm  
Saturday & Sunday: 8:30am-4:45pm

\* 3rd Sunday of the month only.  
\*\* Except 3rd Sunday of the month  
Contact Angelica Garcia at 718.792.1800, ext. 227