

HES
 9502 Seaview Avenue
 Brooklyn, New 11236
 718-241-3000 Fax: 718-241-3349

GYM SCHEDULE SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES NOT IN GYM
8:00 AM-12:00 Noon Fitness Center	7:30 AM-12:00 Noon Paddleball/Handball Fitness Center	7:30 AM-12:00 Noon Paddleball/Handball Fitness Center	7:30 AM-12:00 Noon Paddleball/Handball Fitness Center	7:30 AM-12:00 Noon Paddleball/Handball Fitness Center	7:30 AM-12:00 Noon Paddleball/Handball Fitness Center	SUNDAYS 9:00 AM-10:00 AM Adult Boot Camp
8:00 AM-10:00 AM Handball 2 ct. Paddleball 1 ct.	9:00 AM-5:00 PM Children's Programs	9:00 AM-5:00 PM Children's Programs	9:00 AM-5:00 PM Children's Programs	9:00 AM-5:00 PM Children's Programs	9:00 AM-6:00 PM Children's Programs	MONDAYS 7:30 PM-8:30 PM Cardio Kick-Boxing Women only
10:00 AM-12:00 PM Paddleball 2ct. Handball 1 ct.						TUESDAYS 7:00 PM - 8:00PM Yoga
8:00 AM-10:00AM Volleyball						WEDNESDAYS 7:00 PM - 8:00 PM HES FX
9:00 AM-11:30 AM Table Tennis	6:30 PM-9:45 PM Handball 3 ct.	6:30 PM-9:45 PM Paddleball 3 ct.	6:30 PM-9:45 PM Handball 3 ct.	6:30 PM-9:45 PM Paddleball 3 ct.		
	6:30 PM-9:45 PM Basketball (1/2 gym)	6:00 PM-8:00 PM Basketball (1/2 gym)	6:30 PM-9:45 PM Basketball (1/2 gym)	6:00 PM-8:00 PM Basketball (1/2 gym)	Gym Rules: * Staff instructions must be followed * Children under 13 years of age must be accompanied by an adult * Proper attire (sneakers required) * No food or drinks permitted * Sweat towels required in fitness center * All coats must be stored in locker rooms <i>Schedule is Subject to Change</i>	
5:00 PM-9:30 PM Handball 3 ct.		8:00 PM-9:45 PM Volleyball		8:00 PM-9:45 PM Volleyball		
6:30 PM-9:30 PM Basketball (1/2 gym)						
5:00 PM-9:30 PM Fitness Center	6:00 PM-9:45 PM Fitness Center	6:00 PM-9:45 PM Fitness Center	6:00 PM-9:45 PM Fitness Center	6:00 PM-9:45 PM Fitness Center		

Monday-Thursday - building closes at 10:15 PM

Friday - building closes at 6:00 PM

Sunday - building closes at 9:45 PM

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