

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

GYM SUMMER SCHEDULE 2015

June 29 through August 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES NOT IN GYM
8:00 AM-12:00 Noon Fitness Center	7:00 AM-10:00 AM Paddleball/Handball	7:00 AM-10:00 AM Paddleball/Handball	7:00 AM-10:00 AM Paddleball/Handball	7:00 AM-10:00 AM Paddleball/Handball	7:00 AM-10:00 AM Paddleball/Handball	SUNDAYS 10:00 AM - 11:00 AM Boot Camp
8:00 AM-10:00 AM Handball 2 ct. Paddleball 1 ct.	7:00 AM-12:00 Noon Fitness Center	7:00 AM-12:00 Noon Fitness Center	7:00 AM-12:00 Noon Fitness Center	7:00 AM-12:00 Noon Fitness Center	7:00 AM-12:00 Noon Fitness Center	
10:00 AM-12 Noon Paddleball 2 ct. Handball 1 ct.	CAMP	CAMP	CAMP	CAMP	CAMP	MONDAYS 7:30 PM-8:30 PM Cardio-kickboxing Women Only
8:00 AM-10:00 AM Volleyball	4:00 PM - 6:00 PM Basketball Clinic (no members allowed)	5:00 PM - 6:30 PM Soccer Clinic (no members allowed)	4:00 PM - 6:00 PM Basketball Clinic (no members allowed)	5:00 PM - 6:30 PM Soccer Clinic (no members allowed)	4:00 PM - 6:00 PM Basketball Clinic (no members allowed)	
9:00 AM-12:00 PM Table Tennis	6:00 PM-8:30 PM Handball	6:30 PM 8:00 PM Handball 1 ct. Paddleball 2 ct.	6:00 PM-8:30 PM Handball	6:30 PM 8:00 PM Handball 1 ct. Paddleball 2 ct.		TUESDAYS 7:00 PM-8:00 PM Yoga
5:00 PM-9:30 PM Handball 3 ct.	Basketball (1/2 gym)	Basketball (1/2 gym)	Basketball (1/2 gym)	Basketball (1/2 gym)		
6:30 PM-9:30 PM Basketball (1/2 gym)	8:30 PM-9:45 PM Basketball (full gym)	8:00 PM-9:45 PM Paddleball 3 ct. Volleyball	8:30 PM-9:45 PM Basketball (full gym)	8:00 PM-9:45 PM Paddleball 3 ct. Volleyball		WEDNESDAYS 7:00 PM-8:00 PM HES FX
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		
						Gym Rules: * Staff instructions must be followed * Children under 13 years of age must be accompanied by an adult * Proper attire required
						<i>Schedule is Subject to Change</i>

Monday-Thursday - building closes at 10:00 PM

Friday - building closes at 6:00 PM

Sunday - building closes at 9:45 PM