

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

GYM SCHEDULE

February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES NOT IN GYM
7:00 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	TUESDAYS 7:00 PM-8:00 PM Yoga (Room 241) THURSDAYS 7:30 PM-8:30 PM Cardio-kickboxing Women Only (Room 241)
7:00 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	
10:00 AM-12 Noon Paddleball 2ct. Handball 1 ct.						
8:00 AM-10:00AM Volleyball						
9:00 AM-12:00 PM Table Tennis	6:00 PM-9:45 PM Handball 3 ct.	6:00 PM-9:45 PM Paddleball 3 ct.	6:00 PM-8:30 PM Handball 3 ct.	6:00 PM-7:00 PM Paddleball 1 ct.		
5:00 PM-9:30 PM Handball 3 ct.	6:00 PM-9:45 PM Basketball (1/2 gym)	6:00 PM-7:30 PM Basketball (1/2 gym)	6:00 PM-9:45 PM Basketball (1/2 gym)	7:00 PM-9:45 PM Paddleball 3 ct.	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	
6:30 PM-9:30 PM Basketball (1/2 gym)		7:30 PM-9:45 PM Volleyball		7:30 PM-9:45 PM Volleyball		
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		

Schedule is Subject to Change

Monday-Thursday - building closes at 10:00 PM

Friday - building closes at 6:00 PM

Sunday - building closes at 9:45 PM

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