

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								
6 am								
7 am	OPEN GYM*	OPEN GYM*	OPEN GYM*	OPEN GYM*	OPEN GYM*	OPEN GYM*		
8 am								
9 am								
10 am	FOREVER FIT 10-11:15 am	CHAIR YOGA 10-11:15 am	FOREVER FIT 10-11:15 am	CHAIR YOGA 10-11:15 am	FOREVER FIT 10-11:15 am			
11 am								
	ADULT BASKET BALL	PICKLE BALL	ADULT BASKET BALL	PICKLE BALL	ADULT BASKET BALL			
Noon	11:30am-1pm	11:15am-1:15pm	11:30am-1pm	11:15am-1:15pm	11:30am-1pm	OPEN GYM*		
1 pm								
2 pm			OPEN GYM*	OPEN GYM*				OPEN GYM* West Gym
3 pm								FAMILY GYM** East Gym
4 pm	OPEN GYM*	OPEN GYM*			OPEN GYM*			
5 pm			VOLEYBALL PRACTICE	VOLEYBALL PRACTICE				
6 pm			4:30 – 8:30 pm *West Side*	4:30 – 8:30 pm				
7 pm								

GYMNASIUM

September 12-25

*The gym is open anytime there is no activity on the schedule.

**For the safety of youth and smaller children, Youth & Family Gym is space reserved for youth 14 and under, or families playing together.