

SEPTEMBER

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am							
6 am	Open Gym	Open Gym	Open Gym	Open Gym			
7 am							
8 am					Open Gym		
9 am	OPEN PICKLEBALL 8:30-10:30 am		OPEN PICKLEBALL 8:30-10:30 am	OPEN PICKLEBALL 8:30-10:30 am			
10 am		TOT TIME 9:30-10:30 am Y Staff					
11 am	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Anneke	ZUMBA GOLD 11 am-Noon Debbie	AOA FOREVER FIT 11 am-Noon Maria		
12 pm						Open Gym	Open Gym
1 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm	OPEN PICKLEBALL 12:30-2:30 pm			
2 pm							
3 pm	Open Gym	Open Gym	Open Gym	Open Gym			
4 pm							OPEN VOLLEYBALL 3-5 pm
5 pm					Open Gym		
6 pm	YOUTH SPORTS 5-9 pm Starts September 11 Open Gym September 1-10	YOUTH SPORTS 5-9 pm Starts September 11 Open Gym September 1-10	YOUTH SPORTS 5-9 pm Starts September 11 Open Gym September 1-10	YOUTH SPORTS 5-9 pm Starts September 11 Open Gym September 1-10			
7 pm							
8 pm							

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity. Please allow up to 15 minutes for set up & clean up for scheduled classes/programs.

DROP IN CLASSES/ACTIVITIES

PRE-REGISTRATION REQUIRED