



GYMNASIUM SCHEDULE

Effective as of September 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:00am-10:15am	OPEN GYM 5:00am-8:15am	OPEN GYM 5:00am-10:15am	OPEN GYM 5:00am-8:15am	OPEN GYM 5:00am-10:15am		
	ZUMBA GOLD 8:30am-9:30am		ZUMBA GOLD 8:30am-9:30am		OPEN GYM 8:00am-9:00am	OPEN GYM 8:00am-1:45pm
			BEGINNER TAI CHI 9:45am-10:15am			
SILVER SNEAKERS 10:30am-11:15am	SILVER SNEAKERS 10:30am-11:15am	SILVER SNEAKERS 10:30am-11:15am	SILVER SNEAKERS 10:30am-11:15am	SILVER SNEAKERS 10:30am-11:15am	TAI CHI 9:00am-11:00am	
OPEN GYM 11:30am-7:00pm	TAI CHI 11:15am-12:00pm	CHAIR YOGA 11:15am-12:30pm	OPEN GYM 11:30am-12:00pm	OPEN GYM 11:30am-7:00pm	OPEN GYM 11:00am-1:45pm	
	PICKLEBALL 12:00pm-2:00pm	OPEN GYM 12:30pm-6:00pm	PICKLEBALL 12:00pm-2:00pm			
	OPEN GYM 2:00pm-8:45pm		OPEN GYM 2:00pm-6:00pm			
ADULT BASKETBALL 7:00pm-8:45pm		PICKLEBALL 6:00pm-8:00pm	PICKLEBALL 6:00pm-8:00pm	ADULT BASKETBALL 7:00pm-8:45pm		
		OPEN GYM 8:00pm-8:45pm	OPEN GYM 8:00pm-8:45pm			

*Schedule subject to change. Check our website for the most up to date information.