

Gym Schedule Fall I Session September 7 - October 25 (THIS SCHEDULE IS SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 7:00am-8:45am	Open Gym 11:00am-4:00pm
Silver Sneakers 8:30am-10:00am	Silver Sneakers 8:30am-10:00am	Silver Sneakers 8:30am-10:00am	Silver Sneakers 8:30am-10:00am	Silver Sneakers 8:30am-10:00am	1/2 Gym Closed 8:45am-12:00pm	
Wildcard Workout 10:00am-11:00am	Open Gym 10:00am-4:45pm	Wildcard Workout 10:00am-11:00am	Open Gym 10:00am-9:00pm	Wildcard Workout 10:00am-11:00am	Open Gym 12:00pm-4:00pm	
Pickleball 1/2 Gym 11:15am-1:00pm	1/2 Gym Closed 4:45pm-7:00pm	Pickleball 1/2 Gym 11:15am-1:00pm		Open Gym 11:00am-8:00pm		
Open Gym 1:00pm-4:45pm	Open Gym 7:00pm-9:00pm	Open Gym 1:00pm-4:45pm				
1/2 Gym Closed 4:45pm-8:00pm		1/2 Gym Closed 4:45pm-7:00pm				
Open Gym 8:00pm-9:00pm		Open Gym 7:00pm-9:00pm				

***Members are responsible for setting up nets during Open Pickleball Time (Ask Staff If You Need Assistance)**