

## GYM SCHEDULE

## FAR SIDE

## SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	Open Gym 5:00am-9:00am	Open Gym 6:00am-5:00pm
Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am	
Open Gym 10:00am-4:00pm		Open Gym 10:00am-4:00pm		Open Gym 10:00am-4:00pm	
Live Y'ers 4:00pm-6:00pm	Live Y'ers 4:00pm-6:00pm	Live Y'ers 4:00pm-6:00pm	Live Y'ers 4:00pm-6:00pm	Live Y'ers 4:00pm-6:00pm	
Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	



# GYM SCHEDULE

### AGE REQUIREMENTS:

- **Ages 11 and under**  
A parent or guardian, 18 years or older, must be present with children in the gym.
- **Ages 12 and up**  
May use the gym without parent

- Hi-lighted times are OPEN GYM times.

- Please be mindful of walkers, joggers, and runners while you enjoy the gym.
- Tennis shoes are required. No food or beverages other than water are permitted.

## GYM SCHEDULE

## NEAR SIDE

## SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00pm	Open Gym 6:00am-5:00pm

- Schedule subject to change with little or no notice.

- For questions or concerns, please contact the Program Director.

