

## GYM SCHEDULE

## FAR SIDE

## AUGUST

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

## AUGUST

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

- Schedule subject to change with little or no notice.

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

