

## GYM SCHEDULE

## SIDE ONE (FAR SIDE)

JULY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|                                    |                                 |                                    |                                 |                                    |                     |
|------------------------------------|---------------------------------|------------------------------------|---------------------------------|------------------------------------|---------------------|
| OPEN GYM<br>5:30AM-9:30AM          | OPEN GYM<br>5:30AM-9:15AM       | OPEN GYM<br>5:30AM-9:30AM          | OPEN GYM<br>5:30AM-9:15AM       | OPEN GYM<br>5:30AM-9:30AM          | OPEN GYM<br>6AM-9AM |
| SILVER SNEAKERS<br>9AM-10AM<br>Kim | SENIOR FIT<br>9AM-10AM<br>Kathy | SILVER SNEAKERS<br>9AM-10AM<br>Kim | SENIOR FIT<br>9AM-10AM<br>Kathy | SILVER SNEAKERS<br>9AM-10AM<br>Kim |                     |
| OPEN GYM<br>10AM-4PM               | OPEN GYM<br>10AM-4PM            | OPEN GYM<br>10AM-4PM               | OPEN GYM<br>10AM-4PM            | OPEN GYM<br>10AM-4PM               |                     |
| DAY CAMP<br>4PM-6PM                | DAY CAMP<br>4PM-6PM             | DAY CAMP<br>4PM-6PM                | DAY CAMP<br>4PM-6PM             | DAY CAMP<br>4PM-6PM                |                     |
| OPEN GYM<br>6PM-9PM                | OPEN GYM<br>6PM-9PM             | OPEN GYM<br>6PM-9PM                | OPEN GYM<br>6PM-9PM             | OPEN GYM<br>6PM-9PM                |                     |

- Gym Schedule subject to change with little or no notice.
- Please contact the Program Director for questions.

## GYM SCHEDULE

## SIDE TWO (NEAR SIDE)

JULY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|                           |                           |                           |                           |                           |                           |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| OPEN GYM<br>5:30AM-9:00PM | OPEN GYM<br>5:30AM-9:00PM | OPEN GYM<br>5:30AM-9:00PM | OPEN GYM<br>5:30AM-9:00PM | OPEN GYM<br>5:30AM-9:00PM | OPEN GYM<br>6:00AM-5:00PM |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

### AGE REQUIREMENTS:

- Ages 12 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 present.

