

GYM SCHEDULE

FAR SIDE

SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym
5:30am-9:00am

Open Gym
5:30am-9:00am

Open Gym
5:30am-9:00am

Open Gym
5:30am-9:00am

Open Gym
5:30am-9:00am

Open Gym
6:00am-5:00pm

Silver Sneakers
9:00am-10:00am

Senior Fit
9:00am-10:00am

Silver Sneakers
9:00am-10:00am

Senior Fit
9:00am-10:00am

Silver Sneakers
9:00am-10:00am

Open Gym
10:00pm-4:00pm

Open Gym
10:00pm-4:00pm

Open Gym
10:00pm-4:00pm

Open Gym
10:00pm-4:00pm

Open Gym
10:00pm-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-8:45pm

Adult Volleyball
6:00pm-9:00pm

Open Gym
6:00pm-8:45pm

Adult Volleyball
6:00pm-9:00pm

Open Gym
6:00pm-8:45pm

- Hi-lighted times are OPEN GYM times.

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

LAP POOL

SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym
5:30am-9:00pm

Open Gym
5:30am-9:00pm

Open Gym
5:30am-9:00pm

Open Gym
5:30am-9:00pm

Open Gym
5:30am-9:00pm

Open Gym
6:00am-5:00pm

- Please contact the Program Director for questions or concerns.



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.

