

GYM SCHEDULE FAR SIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12:00pm-5:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:15am	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:15am	Open Gym 5:00am-9:00am	Open Gym 6:00am-5:00pm
	Silver Sneakers 9:00am-10:00am	Senior Fit 9:15am-10:00am	Silver Sneakers 9:00am-10:00am	Senior Fit 9:15am-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	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	

- 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12:00pm-5:00pm	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 5:00am-9:00pm	Open Gym 5:30am-9:00pm

- For questions or concerns, please contact the Program Director

JANUARY



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.

