

## GYM SCHEDULE

## FAR SIDE

## NOVEMBER

### 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

**Bitty Basketball**  
9:00am-10:00am

**Open Gym**  
10:00pm-4:00pm

**Open Gym**  
10:00pm-4:00pm

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10:00pm-4:00pm

**Open Gym**  
10:00pm-4:00pm

**Open Gym**  
10:00pm-4:00pm

**Bitty Basketball**  
10:00am-11:00am

**Live Y'ers**  
4:00pm-6:00pm

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4:00pm-6:00pm

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4:00pm-6:00pm

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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



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.

- 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.

## GYM SCHEDULE

## NEAR SIDE

## NOVEMBER

### 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.

