

GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12pm-5pm	Open Gym 5am-9am	Open Gym 5am-9pm	Open Gym 5am-9am	Open Gym 5am-9pm	Open Gym 5am-9am	Open Gym 6am-9am
	Silver Sneakers 9am-10am		Silver Sneakers 9am-10am		Silver Sneakers 9am-10am	Bitty Sports 9am-10am
	Open Gym 10am-9pm		Open Gym 10am-6pm		Open Gym 10am-9pm	Bitty Sports 10am-11am
						Open Gym 11am-9pm

FAR SIDE

DECEMBER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

AGE REQUIREMENTS:

- 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.

- Ages 10 and under
A parent or guardian, 18 years or older, must be present with children in the gym.
- Ages 11 and up may use the gym without parent present.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12pm-5pm	Open Gym 5am-4pm	Open Gym 5am-4pm	Open Gym 5am-4pm	Open Gym 5am-4pm	Open Gym 5am-4pm	Open Gym 6am-5pm
	Live Y'ers 4pm-5pm	Live Y'ers 4pm-5pm	Live Y'ers 4pm-5pm	Live Y'ers 4pm-5pm	Live Y'ers 4pm-5pm	
	Open Gym 5pm-9pm	Open Gym 5pm-9pm	Open Gym 5pm-9pm	Open Gym 5pm-9pm	Open Gym 5pm-9pm	

- Schedule subject to change with little or no notice.
- For questions or concerns, please contact the Program Director.

