

GYM SCHEDULE

Sunday	Monday	Tuesday	FAR SIDE Wednesday	Thursday	Friday	MARCH Saturday
Open Gym 12:00pm-5:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-5:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-5:00pm	Open Gym 5:00am-9:00am	Open Gym 6:00am-5:00pm
	Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am	
	Open Gym 10:00am-5:00pm		Open Gym 10:00am-5:00pm		Open Gym 10:00am-5:00pm	
	Live Y'ers 5:00pm-6:00pm	Live Y'ers 5:00pm-6:00pm	Live Y'ers 5:00pm-6:00pm	Live Y'ers 5:00pm-6:00pm	Live Y'ers 5:00pm-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

Sunday	Monday	Tuesday	NEAR SIDE Wednesday	Thursday	Friday	MARCH Saturday
Open Gym 12:00pm-5:00pm	Open Gym 5:00am-2:30pm	Open Gym 5:00am-2:30pm	Open Gym 5:00am-2:30pm	Open Gym 5:00am-2:30pm	Open Gym 5:00am-2:30pm	Open Gym 6:00am-5:00pm
	Live Y'ers 2:30pm-3:30pm	Live Y'ers 2:30pm-3:30pm	Live Y'ers 2:30pm-3:30pm	Live Y'ers 2:30pm-3:30pm	Live Y'ers 2:30pm-3:30pm	
	Open Gym 3:30pm-9:00pm	Open Gym 3:30pm-9:00pm	Open Gym 3:30pm-9:00pm	Open Gym 3:30pm-9:00pm	Open Gym 3:30pm-9:00pm	

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



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AGE REQUIREMENTS:

- Ages 11 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.

