

GYM SCHEDULE

FAR SIDE

JANUARY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-4:00pm	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-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-5:30pm

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

JANUARY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00pm	Open Gym 5:00am-9:00am	Open Gym 6:00am-5:00pm
---------------------------	---------------------------	---------------------------	---------------------------	---------------------------	---------------------------

- Schedule subject to change with little or no notice.

- For questions or concerns, please contact the Program Director.



GYM SCHEDULE

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.

