

GYM SCHEDULE FAR SIDE AUGUST

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
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Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am		Silver Sneakers 9:00am-10:00am	
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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	
	Women's Volleyball 6:00pm-9:00pm	Coed Volleyball 6:00pm-9:00pm			

Open Gym 6:00pm-9:00pm			Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	
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- 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 AUGUST

Monday Tuesday Wednesday Thursday Friday Saturday

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 5:00am-9:00pm
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- 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.

