

GYM SCHEDULE

FAR SIDE

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 12pm-5pm	Open Gym 5am-9am	Open Gym 5am-9:15am	Open Gym 5am-9am	Open Gym 5am-9:15am	Open Gym 5am-9am	Open Gym 6am-5pm
	Silver Sneakers 9:00am-10:00am	Senior Fit 9:15am-10:00am	Silver Sneakers 9:00am-10:00am	Senior Fit 9:15am-10:00am	Silver Sneakers 9:00am-10:00am	
	Open Gym 10am-9pm	Open Gym 10am-6pm	Open Gym 10am-9pm	Open Gym 10am-6pm	Open Gym 10am-9pm	
		Adult Volleyball 6:00pm-9:00pm	Adult Volleyball 6:00pm-9:00pm	Adult Volleyball 6:00pm-9:00pm		



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AGE REQUIREMENTS:

- 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.

- 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.

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

