

## GYM SCHEDULE

## FAR SIDE

## SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Open Gym  
5:00am-9:00am

Open Gym  
5:00am-9:00am

Open Gym  
5:00am-9:00am

Open Gym  
5:00am-9:00am

Open Gym  
5:00am-9:00am

Open Gym  
6:00am-5:00pm

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  
10:00am-4:00pm

Open Gym  
10:00am-4:00pm

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-6:00pm

Live Y'ers  
4:00pm-6:00pm

Live Y'ers  
4:00pm-6:00pm

Live Y'ers  
4:00pm-6:00pm

Adult Volleyball  
6:00pm-9:00pm

Adult Volleyball  
6:00pm-9:00pm

Adult Volleyball  
6:00pm-9:00pm

Open Gym  
6:00pm-9:00pm

Open Gym  
6:00pm-9:00pm



# GYM SCHEDULE

### 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.

## GYM SCHEDULE

## NEAR SIDE

## SEPTEMBER

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  
6:00am-5:00pm

- Schedule subject to change with little or no notice.

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

