

Gym Schedule 01/19/2025 - 01/31/25



Facility Hours:
M-F: 6 AM - 9 PM
Sat: 7 AM - 6 PM
Sun: 8 AM - 6 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-10:00AM Open Gym	6:00-11:00AM Open Gym	6:00 AM - 10:00 AM Open Gym	6:00-11:00AM Open Gym	6:00-10:00AM Open Gym	7:00 - 9:00AM Open Gym	8:00 - 3:00PM Open Gym Please note this may vary for private events
10:00-10:45AM Zumba Gold ^{S+}		10:00-10:45 AM Silver Sneakers ^{SS-RA}		10:00 - 10:45 AM Zumba Gold ^{S+}	9:00AM - 1:00PM Basketball Lessons and Private basketball Lessons Only - not open to members or quests	
11:00-11:45AM Open Gym	Group Pickleball Lessons 11:00 - 12:00PM	11:00-11:45 AM Zumba Toning ^{S+}	Group Pickleball Lessons 11:00 - 12:00PM	11:00 - 11:45 AM Chair Stretch ^{SS-RA}	1:00PM - 6:00PM Open Gym - Please note this may vary for private events	3:00 - 5:45PM (PP) Pickleball (Full Court)
12:00-2:00PM Pickleball ^{S+}	12:00 - 2:00 PM Pickleball ^{SS-RA}	12:00 - 2:00 PM Pickleball ^{S+}	12:00 - 2:00 PM Pickleball ^{SS-RA}	12:00 - 2:00 PM Pickleball ^{S+}		
2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	3:00-4:15PM After School	4:15-5:00 PM Teen Bootcamp (half-court)
3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School		
4:30-6:00PM OPEN GYM	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:00 PM Teen Bootcamp (half-court)	4:15-5:45PM Open Gym	4:15-5:00 PM Teen Bootcamp (half-court)	5:00-6:00PM OPEN GYM	6:00-7:45PM Basketball Class - Only - not open to members or guests
6:00-7:45PM Basketball Class - Only - not open to members or guests	5:15 -7:00PM Open Gym Full Court	5:00 - 5:45 PM BBall Holistic Warrior (half- court)	5:45-6:00PM Swim Team	5:00-6:00PM OPEN GYM		
7:45 - 9:00PM Open Gym Full Court	7:00 - 8:45PM Volleyball Full Court	6:00 - 7:45 PM Basketball Class (PP) Only not open to members or guests	6:00 - 7:00 PM Open Gym	6:00 - 8:00PM Soccer (PP)	8:00-9:00PM OPEN GYM FULL COURT	
		8:00 -9:00PM Open Gym Full Court	7:00 - 8:45PM Volleyball Full Court	8:00-9:00PM OPEN GYM FULL COURT		