



GYM SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective as of 3/22/2019

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
	East Side	West Side	East Side	West Side	East Side	West Side	East Side	West Side	East Side	West Side	East Side	West Side	East Side	West Side		
6:00 AM	X	X	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		X	X		
6:30 AM	X	X											X	X		
7:00 AM	X	X											SILVERSNEAKERS	SILVERSNEAKERS		
7:30 AM	X	X											SILVERSNEAKERS	SILVERSNEAKERS		
8:00 AM	X	X											SILVERSNEAKERS	SILVERSNEAKERS		
8:30 AM	X	X											SILVERSNEAKERS	SILVERSNEAKERS		
9:00 AM	X	X	PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	OPEN GYM	BODY SHAKE	PICKLEBALL	YOUTH SPORTS						
9:30 AM	X	X	PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	OPEN GYM	BODY SHAKE	PICKLEBALL	YOUTH SPORTS						
10:00 AM	OPEN GYM		PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	PICKLEBALL	YOUTH SPORTS				
10:30 AM			PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	PICKLEBALL	OPEN GYM	OPEN GYM	PICKLEBALL	PICKLEBALL	YOUTH SPORTS				
11:00 AM	ADULT PICK UP	OPEN GYM	PICKLEBALL	ARTHRITIS CLASS	OPEN GYM	OPEN GYM	PICKLEBALL	OPEN GYM	OPEN GYM	OPEN GYM	PICKLEBALL	YOUTH SPORTS				
11:30 AM	ADULT PICK UP	OPEN GYM	PICKLEBALL	ARTHRITIS CLASS	OPEN GYM	OPEN GYM	PICKLEBALL	OPEN GYM	OPEN GYM	OPEN GYM	PICKLEBALL	YOUTH SPORTS				
12:00 PM	ADULT PICK UP	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		YOUTH SPORTS				
12:30 PM	ADULT PICK UP															
1:00 PM	ADULT PICK UP															
1:30 PM	OPEN GYM															
2:00 PM																
2:30 PM																
3:00 PM																
3:30 PM																
4:00 PM																
4:30 PM	AFTER SCHOOL															
5:00 PM	OPEN GYM	OPEN GYM		OPEN GYM		OPEN GYM		INTRO TO CHEER	OPEN GYM	ARCHERY CLASS		YOUTH SPORTS				
5:30 PM								ARCHERY CLASS		YOUTH SPORTS						
6:00 PM								X	X	ADULT BASKETBALL LEAGUE	4 on 4 Over 35 Bball	OPEN GYM	ADULT BASKETBALL LEAGUE	ARCHERY CLASS		YOUTH SPORTS
6:30 PM								X	X	ADULT BASKETBALL LEAGUE			ADULT BASKETBALL LEAGUE	YOUTH SPORTS		
7:00 PM								X	X	ADULT BASKETBALL LEAGUE			ADULT BASKETBALL LEAGUE	YOUTH SPORTS		
7:30 PM								X	X	ADULT BASKETBALL LEAGUE			ADULT BASKETBALL LEAGUE	YOUTH SPORTS		
8:00 PM	X	X	ADULT BASKETBALL LEAGUE	ADULT BASKETBALL LEAGUE	YOUTH SPORTS											
8:30 PM	X	X	ADULT BASKETBALL LEAGUE	ADULT BASKETBALL LEAGUE	YOUTH SPORTS											
9:00 PM	X	X	ADULT BASKETBALL LEAGUE	ADULT BASKETBALL LEAGUE	X	X										
9:30 PM	X	X	ADULT BASKETBALL LEAGUE	ADULT BASKETBALL LEAGUE	X	X										

Notes: Adult Pick up is for members only ages 16 and up. See front desk for ticket

Youth Sports Season dates are 1/26/2019-4/6/2019, 6/1/19-8/3/19, 9/21/19-11/16/19

SUBJECT TO CHANGE WITHOUT NOTICE