



HOURS OF OPERATION:




MONDAY | CLOSED

TUESDAY - THURSDAY | 5:30AM - 9PM

FRIDAY | 5:30AM - 7PM

SATURDAY | 8AM - 12PM

WEEKLY GYM CALENDAR | SEPTEMBER 1 - 7

| MONDAY SEPTEMBER 1 | TUESDAY SEPTEMBER 2 | WEDNESDAY SEPTEMBER 3 | THURSDAY SEPTEMBER 4 | FRIDAY SEPTEMBER 5 | SATURDAY SEPTEMBER 6 | SUNDAY SEPTEMBER 7 |
|--|--|---|--|--|--|-----------------------|
|  CLOSED   | <p>5:30 - 6:30 AM OPEN GYM</p> <p>6:30 - 8 AM PICKLEBALL OPEN GYM</p> <p>8 - 10:30 AM SILVERSNEAKERS FITNESS CLASSES</p> <p>10:30 AM - 12 PM OPEN GYM</p> <p>12 - 4 PM PICKLEBALL OPEN GYM</p> <p>4 - 5 PM OPEN GYM</p> <p>5 - 9 PM YOUTH VOLLEYBALL</p> | <p>5:30 - 6:30 AM OPEN GYM</p> <p>6:30 - 8 AM PICKLEBALL OPEN GYM</p> <p>8 - 11 AM SILVERSNEAKERS FITNESS CLASSES</p> <p>11 AM - 12 PM OPEN GYM</p> <p>12 - 1 PM FIT FUNDAMENTALS</p> <p>1 - 4 PM PICKLEBALL OPEN GYM</p> <p>4 - 5 PM OPEN GYM</p> <p>5 - 9 PM YOUTH VOLLEYBALL</p> | <p>5:30 - 6:30 AM OPEN GYM</p> <p>6:30 - 8 AM PICKLEBALL OPEN GYM</p> <p>8 - 10:30 AM SILVERSNEAKERS FITNESS CLASSES</p> <p>10:30 AM - 12 PM OPEN GYM</p> <p>12 - 4 PM PICKLEBALL OPEN GYM</p> <p>4 - 5 PM OPEN GYM</p> <p>5 - 9 PM YOUTH VOLLEYBALL</p> | <p>5:30 - 6:30 AM OPEN GYM</p> <p>6:30 - 9 AM PICKLEBALL OPEN GYM</p> <p>9 - 11 AM SILVERSNEAKERS FITNESS CLASSES</p> <p>11 AM - 12 PM TOTAL BODY BLAST</p> <p>12 - 1 PM OPEN GYM</p> <p>1 - 4 PM PICKLEBALL OPEN GYM</p> <p>4 - 7 PM YOUTH VOLLEYBALL</p> | <p>8 AM - 12 PM YOUTH VOLLEYBALL GAMES</p> | <p>CLOSED</p> |

TIMES ARE SUBJECT TO CHANGE