

# Fall Gym Schedule

## September-November

**Mon**

5a-10p

**Tue**

5a-10p

Group Fitness  
Half Gym  
8:30a-9:15a

**Wed**

5a-10p

**Thur**

5a-10p

Group Fitness  
Half Gym  
8:30a-9:15a

**Fri**

5a-10p

Toddler Gym  
Half Gym  
9:30a-11am

**Sat**

7a-6p

Youth Volleyball  
Half Gym  
9a-12p

**Sun**

7a-4p

Open Gym

Noon Ball  
Half Gym  
12p-1p

\*anyone is welcome

Noon Ball  
Half Gym  
12p-1p

\*anyone is welcome

Noon Ball  
Half Gym  
12p-1p

\*anyone is welcome

Noon Ball  
Half Gym  
12p-1p

\*anyone is welcome

Noon Ball  
Half Gym  
12p-1p

\*anyone is welcome

After School  
Half Gym  
4p-5p

After School  
Half Gym  
4p-5p

After School  
Half Gym  
4p-5p

After School  
Half Gym  
4p-5p

After School  
Half Gym  
4p-5p

Adult Volleyball  
Half Gym  
5p-10p

Adult Volleyball  
Half Gym  
5p-10p

All open times are considered open gym.

Please be respectful to all members using gym space.  
Basketballs, Volleyballs & football are available at the  
front desk for members.