



MAY GYM SCHEDULE

● 1/2 Gym Closed / 1/2 Gym Open

● Full Gym Closed

✿ ARC members with 24-Hour Access

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 1-3p Open Pickleball-S	2. 6-7a Open Pickleball-S * 12-1p Open Basketball-S 7-9p Open Basketball-S	3. 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball-S	4. 8-10a Open Pickleball-S	5.
6. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball -S	7. 6-7a Open Pickleball-S* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 5:45-7:45 Women Vball	8. 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 1-3p Open Pickleball-S	9. 6-7a Open Pickleball-S * 12-1p Open Basketball-S 7-9p Open Basketball-S	10. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball-S	11. 8-9a Open Pickleball-S	12. GYM CLOSED
13. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball -S	14. 6-7a Open Pickleball-S* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 5:45-7:45 Women Vball	15. 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 1-3p Open Pickleball-S	16. 6-7a Open Pickleball -S* 12-1p Open Basketball-S 7-9p Open Basketball-S	17. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball-S *In inclement weather gym will close at 6pm	18. 8-9a Open Pickleball-S	19.
20. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball -S	21. 6-7a Open Pickleball-S* 9:30-10:30 Chair Yoga 12-1p Open Basketball 5:45-7:45 Women Vball	22. 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 1-3p Open Pickleball-S	23. 6-7a Open Pickleball-S * 12-1p Open Basketball-S 7-9p Open Basketball-S	24. 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball-S	25. 8-9a Open Pickleball-S	26.
27. GYM CLOSED	28. 6-7a Open Pickleball-S* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 5:45-7:45 Women Vball	29 6-7a Open Pickleball-S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 1-3p Open Pickleball-S	30 6-7a Open Pickleball-S * 12-1p Open Basketball-S 7-9p Open Basketball-S	31 6-7a Open Pickleball -S* 9:30-10:30a Senior Fit-N 12-1p Open Basketball-S 5-7p Open Pickleball-S		

Gym Hours
Mon -Fri: 6-8a* / 8a-9p
Sat: 8a- 6p / Sun: 1p-6p

* must have 24-hr access
Mon - Fri 6-8a

S— South Gym
N—North Gym

All other times full gym open for recreation, play, walking, etc. All open sports are drop in; come and play, no sign up needed.
All times subject to change. (Birthday Parties, After School, etc. may be using 1/2 Gym during full open gym).
Follow us on Facebook for updates and changes. Join ARC Adult Sports Facebook group for info on programs & leagues.