



AUGUST 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
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		1	2	3	4
5 6-7a Open Pickleball N* 7:45-8:30a Camp -S 9:30-10:30a Senior Fit-S 10:30-11:30a Camp -N 12-1p Open Basketball-S 5-7p Open Pickleball -N	6 6-7a Open Pickleball-N* 7:45-8:30a Camp -S 9:30-10:30a Chair Yoga 12-1p Open Basketball-S	7 6-7a Open Pickleball-N* 7:45-8:30a Camp -S 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	8 6-7a Open Pickleball-N * 7:45-10a Camp -S 12-1p Open Basketball-S 7-9p Open Basketball-S	9 6-7a Open Pickleball N* 7:45-8:30a Camp -S 10:30-11:30a Camp -N 12-1p Open Basketball-S 5-7p Open Pickleball-N	10 8-10a Open Pickleball-N	11
12 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N	13 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S	14 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	15 6-7a Open Pickleball-N * 12-1p Open Basketball-S 7-9p Open Basketball-S	16 6-7a Open Pickleball N* 12-1p Open Basketball-S 5-7p Open Pickleball-N	17 8-10a Open Pickleball-N	18
19 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N	20 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S	21 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	22 6-7a Open Pickleball-N * 7:45-10a Camp -S 12-1p Open Basketball-S 7-9p Open Basketball-S	23 6-7a Open Pickleball N* 12-1p Open Basketball-S 5-7p Open Pickleball-N	24 8-10a Open Pickleball-N	25
26 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N	27 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S	28 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	29 6-7a Open Pickleball-N * 12-1p Open Basketball-S 7-9p Open Basketball-S	30 6-7a Open Pickleball N* 12-1p Open Basketball-S	31 8-10a Open Pickleball-N	

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.