



# OCTOBER 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
<p><b>*If inclement weather football full gym*</b></p> <p><b>Gym Hours</b> The gym is now open 24-HOURS w/ key fob!</p> <p>N- North Gym S- South Gym</p>	<p>1 6-7a Open Pickleball-N* 9:30-10:30a Chair Yoga 12-1p Open Basketball-S</p>	<p>2 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N 5:45-7:00p Women's Volleyball</p>	<p>3 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball-S 6:30-9:30p Adult Flag Football 7-9p Open Basketball-S</p>	<p>4 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>5 8-10a Open Pickleball-N 10:00-10:45a Rookie Sports -S  N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>6 N- volleyball net open until 3:30 pm  4-6p COED Volleyball</p>
<p>7 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N</p>	<p>8 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 4:30-6:30p Youth Flag Football</p>	<p>9 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N 5:45-7:00p Women's Volleyball</p>	<p>10 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball-S 7-9p Open Basketball-S</p>	<p>11 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>12 8-10a Open Pickleball-N 10:00-10:45a Rookie Sports -S  N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>13 N- volleyball net open until 3:30 pm  4-6p COED Volleyball</p>
<p>14 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N</p>	<p>15 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 4:30-6:30p Youth Flag Football 7:00-9:00p Y- Ball League</p>	<p>16 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N 5:45-7:00p Women's Volleyball</p>	<p>17 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball-S 7-9p Open Basketball-S</p>	<p>18 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>19 8-10a Open Pickleball-N 10:00-10:45a Rookie Sports -S  N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>20 N- volleyball net open until 3:30 pm  4-6p COED Volleyball</p>
<p>21 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N</p>	<p>22 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 7:00-9:00p Y- Ball League</p>	<p>23 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N 5:45-7:00p Women's Volleyball</p>	<p>24 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball 7-9p Open Basketball-S</p>	<p>25 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>26 8:30a-12:00p Youth Basketball  N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>27 N- volleyball net open until 3:30 pm  4-6p COED Volleyball</p>
<p>28 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N</p>	<p>29 6-7a Open Pickleball-N* 9:30-10:30 Chair Yoga 12-1p Open Basketball-S 7:00-9:00p Y- Ball League</p>	<p>30 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N 5:45-7:00p Women's Volleyball</p>	<p>31 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball 7-9p Open Basketball-S</p>	<p>All other times full gym open for recreation, play, walking, etc. All open sports are drop in; come and play, no sign up needed.</p> <p>All times subject to change. (Birthday Parties, After School, etc. may be using 1/2 Gym during full open gym).</p> <p>Follow us on Facebook for updates and changes. Join ARC Adult Sports Facebook group for info on programs &amp; leagues.</p>		