



# NOVEMBER 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>Gym Hours</b> The gym is now open 24-HOURS w/ key fob!</p> <p>N- North Gym</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>			<p>6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p>8-9:30a Open Pickleball <b>9:30a-12:00p Youth Basketball</b></p> <p>N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>N- volleyball net open until 3:30 p</p> <p><b>4-6p COED Volleyball</b></p>
<p>6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N</p>	<p>6-7a Open Pickleball-N* <b>9:30-10:30a Chair Yoga</b> 12-1p Open Basketball-S</p>	<p>6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball S 1-3p Open Pickleball-N <b>5:45-7:00p Women's Volleyball</b></p>	<p>6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball- <b>4:15-7:30p Youth Basketball</b> 7:30-9p Open Basketball-N*</p>	<p>6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N</p>	<p><b>8:15a-12:00p Youth Basketball</b></p> <p>N-volleyball net open 3p Sat - 3:30p Sun</p>	<p>N- volleyball net open until 3:30 p</p> <p><b>4-6p COED Volleyball</b></p>	
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