



# DECEMBER GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Gym Hours</b> The gym is now open 24-HOURS w/ key fob! N– North Gym S– South Gym		*ARC members with 24-Hour Access ● Full Gym Closed ● 1/2 Gym				N– volleyball net open until 6p
2 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball –N	3 6-7a Open Pickleball-N* 9:30-10:30a Chair Yoga 12-1p Open Basketball-S 6:30-9:00p Y– Ball League	4 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball S 1-3p Open Pickleball-N	5 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball- 4:15-7:30p Youth Basketball 7:30-9p Open Basketball-N*	6 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N	7 8:15a-12:00p Youth Basketball 3p-6p Open Volleyball-N	8 1p-6p Open Volleyball –N
9 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball –N	10 6-7a Open Pickleball-N* 9:30-10:30a Chair Yoga 12-1p Open Basketball-S 6:30-9:00p Y– Ball League Tournament	11 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	12 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball-S 4:15-7:30p Youth Basketball	13 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N	14 8:00a-12:00p Youth Basketball Tournament 3p-6p Open Volleyball-N	15 1p-6p Open Volleyball –N
16 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball –N	17 6-7a Open Pickleball-N* 9:30-10:30a Chair Yoga 12-1p Open Basketball-S 6:30-9:00p Y– Ball League Tournament	18 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N	19 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball 7:30-9p Open Basketball-N*	20 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball-N	21 8-10a Open Pickleball 3p-6p Open Volleyball-N	22 1p-6p Open Volleyball –N
23 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball –N	24 <b>Closed for Christmas Eve</b> Enjoy the Gym & Weight Room with 24 hour access Happy Holidays!	25 <b>Closed For Christmas</b> Enjoy the Gym & Weight Room with 24 hour access Happy Holidays!	26 Open 11a-8pm 12-1p Open Basketball 7:30-9p Open Basketball-N*	27 6-7a Open Pickleball N* 12-1p Open Basketball-S 5-7p Open Pickleball-N	28 8-10a Open Pickleball N 3p-6p Open Volleyball-N	29 1p-6p Open Volleyball –N
30 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball –N	31 12-1p Open Basketball 7:30-9p Open Basketball-N* Close @ 5:30p	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.				