



# JANUARY 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	● Full Gym Closed ● 1/2 Gym * ARC members with 24-Hour Access	<sup>1</sup> <b>CLOSED: HAPPY NEW YEARS!</b> Please enjoy the use of the gym or weight room with your 24hr access! Members only! :)	<sup>2</sup> 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S <b>10:00-12p Middle School Tournament</b> 12-1p Open Basketball- 7:30-9p Open Basketball-N*	<sup>3</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S <b>10:00-12p Middle School Tournament</b> 12-1p Open Basketball-S <b>4:30-6:30 Youth Volleyball</b> 5-7p Open Pickleball-N	<sup>4</sup> 8-10a Open Pickleball-N 10:30-3:30p Open Volleyball-N	<sup>5</sup> 1p-4p Open Volleyball-N <b>4:00-6:00p Coed Volleyball</b>
<sup>6</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N 7-9p HS Tennis-N	<sup>7</sup> 6-7a Open Pickleball-N* <b>9:30-10:30a Chair Yoga</b> 12-1p Open Basketball-S <b>6:30-8:30p Y-Ball League</b>	<sup>8</sup> 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball S 1-3p Open Pickleball-N <b>5:30-7:30p Women's Volleyball</b>	<sup>9</sup> 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball- <b>4:30-6:30 p Youth Volleyball</b> 7:30-9p Open Basketball-N*	<sup>10</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S <b>4:30-6:30 Youth Volleyball</b> 7-9p Open Pickleball-N	<sup>11</sup> 8-10a Open Pickleball-N 10:30-3:30p Open Volleyball-N	<sup>12</sup> 1p-4p Open Volleyball-N <b>4:00-6:00p Coed Volleyball</b>
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<sup>20</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N 7-9p HS Tennis-N	<sup>21</sup> 6-7a Open Pickleball-N* <b>9:30-10:30a Chair Yoga</b> 12-1p Open Basketball-S <b>6:30-8:30p Y-Ball League</b>	<sup>22</sup> 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N <b>5:30-7:30p Women's Volleyball</b>	<sup>23</sup> 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball- <b>4:30-6:30 p Youth Volleyball</b> 7:30-9p Open Basketball-N*	<sup>24</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S <b>4:30-6:30 Youth Volleyball</b> 7-9p Open Pickleball-N	<sup>25</sup> 8-10a Open Pickleball 10:30-3:30p Open Volleyball-N	<sup>26</sup> 1p-4p Open Volleyball-N <b>4:00-6:00p Coed Volleyball</b>
<sup>27</sup> 6-7a Open Pickleball N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 5-7p Open Pickleball -N 7-9p HS Tennis-N	<sup>28</sup> 6-7a Open Pickleball-N* <b>9:30-10:30a Chair Yoga</b> 12-1p Open Basketball-S <b>6:30-8:30p Y-Ball League</b>	<sup>29</sup> 6-7a Open Pickleball-N* 9:30-10:30a Senior Fit-S 12-1p Open Basketball-S 1-3p Open Pickleball-N <b>5:30-7:30p Women's Volleyball</b>	<sup>30</sup> 6-7a Open Pickleball-N * 9:30-10:30a Dance Fit-S 12-1p Open Basketball- <b>4:30-6:30 p Youth Volleyball</b> 7:30-9p Open Basketball-N*	<sup>31</sup> 6-7a Open Pickleball N* 12-1p Open Basketball-S <b>4:30-6:30 Youth Volleyball</b> 7-9p 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.	