



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
30 9:30-10:30a Senior Fit-S		<ul style="list-style-type: none"> 24-hour Gym Access available to members w key fob. All open sports are drop in; come and play, no sign up needed. North gym may be reserved for 30 min time slots during peak times for groups of 3 or more. See front desk for details. All times subject to change. 				1
2 3-5:30p Open Pickleball -N	3 9:30-10:30 Chair Yoga - S	4 9:30-10:30a Senior Fit - S 3-5:30p Open Pickleball -N 5:30-7:30p Women's Volleyball	5	6 9:30-10:30a Senior Fit - S IELS 12:15 - 1:30P - N 3:30 - 6p Open Pickleball - N	7 BBall Practice: 8am- 12p	8 4-6p COED Volleyball
9 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N	10 9:30-10:30 Chair Yoga - S Rookie BBall 4:15 - 6:45p	11 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N 5:30-7:30p Women's Volleyball	12 Youth BBall 4:00 - 8:00p	13 9:30-10:30a Senior Fit-S IELS 12:15 - 1:30P 2:30-3:30p After School -N 3:30 - 6p Open Pickleball - N	14 BBall Practice: 8am- 12p	15 4-6p COED Volleyball
16 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N	17 9:30-10:30 Chair Yoga - S Rookie BBall 4:15-6:45p	18 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N 5:30 - 6:30p Women's Volleyball	19 Youth BBall 4:00 - 8:00p	20 9:30-10:30a Senior Fit-S IELS 12:15 - 1:30P 2:30-3:30p After School-N 3:30 - 6p Open Pickleball - N Parents Night Out 6-9P	21 Basketball 8AM - 12p	22
23 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N	24 9:30-10:30 Chair Yoga - S Rookie BBall 4:15-6:45p	25 9:30-10:30a Senior Fit-S 3-5:30p Open Pickleball -N	26 HAPPY THANKSGIVING <i>Gym open 24hrs for members only w/ key fob</i>	27 <i>ARC staffed 11a-8p</i> 3:30 - 6p Open Pickleball - N	28 BBall Practice 8AM - 12p	29

Schedules WILL vary month to month based on programs!