

# October 2022

# GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	9:30-10:30a Senior Fit-S 3-5:30p Pickleball-N 4-4:30p AfterSchool-S  3:30-6p Coed Vball	9:30-10:30a Chair Yoga  4-4:30p AfterSchool-S 4:30-6:30p Youth Flag Fb	9:30-10:30a Senior Fit-S 3-5:15p Pickleball-N 4-4:30p AfterSchool-S 5:15-7:30p Women's Vball	4-4:30p AfterSchool-S 4:30-6:30p Youth Flag Fb	9:30-10:30a Senior Fit-S 2:30-3:30p AfterSchool-S 3:30-5:30 Pickleball-N	
9	10	11	12	13	14	15
	9:30-10:30a Senior Fit-S 3-5:30p Pickleball-N 4-4:30p AfterSchool-S  3:30-6p Coed Vball	9:30-10:30a Chair Yoga  4-4:30p AfterSchool-S 4:30-6:30p Youth Flag Fb	9:30-10:30a Senior Fit-S 3-5:15p Pickleball-N 4-4:30p AfterSchool-S 5:15-7:30p Women's Vball	4-4:30p AfterSchool-S 4:30-6:30p Youth Flag Fb	8-8:45 School Day Out 9:30-10:30a Senior Fit-S 10:45-11:15 School Day Out- S 12:30-1:30 School Day Out- S 3:30-4:15 School Day Out- S 3:30-5:30 Pickleball-N	8-12:00p Youth B-Ball
16	17	18	19	20	21	22
	9:30-10:30a Senior Fit-S 3-5:30p Pickleball-N 4-4:30p AfterSchool-S 6-8:00p Men's B-Ball  3:30-6p Coed Vball	9:30-10:30a Chair Yoga  4-4:30p AfterSchool-S 4:30-6:30p Youth Flag Fb	9:30-10:30a Senior Fit-S 3-5:15p Pickleball-N 4-4:30p AfterSchool-S 5:15-7:30p Women's Vball	4-8:00p Youth B-Ball	8-8:45 School Day Out 9:30-10:30a Senior Fit-S 10:45-11:15 School Day Out- S 12:30-1:30 School Day Out- S 3:30-4:15 School Day Out- S 3:30-5:30 Pickleball-N	8-12:00p Youth B-Ball
23	24	25	26	27	28	29
	9:30-10:30a Senior Fit-S 3-5:30p Pickleball-N 4-4:30p AfterSchool-S 6-8:00p Men's B-Ball  3:30-6p Coed Vball	9:30-10:30a Chair Yoga 4-4:30p AfterSchool-S 4:30-7:15p Rookie B-Ball	9:30-10:30a Senior Fit-S 3-5:15p Pickleball-N 4-4:30p AfterSchool-S 5:15-7:30p Women's Vball	4-8:00p Youth B-Ball	9:30-10:30a Senior Fit-S 2:30-3:30p AfterSchool-S 3:30-5:30 Pickleball-N	8-12:00p Youth B-Ball

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8-8:45 School Day Out  
9:30-10:30a Senior Fit-S  
10:45-11:15 School Day Out- S  
12:30-1:30 School Day Out- S  
3:30-4:15 School Day Out- S  
3:30-5:30 Pickleball-N

Notes



Programs in **black** 1/2 the gym is reserved, **red** the full gym is reserved & **blue** program will move in the gym only in inclement weather.

Gym is open 24/7 to those with key fob access. All times subject to change. Gym schedules will vary.