


January 2023

Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	8-8:45 School Day Out-S 9:30-10:30a Senior Fit-S 10:45-11:15 School Day Out-S 3-5:30p Open Pickleball-N 3:30- 4:15 School Day Out-S	8-8:45 School Day Out-S 9:30-10:30a Chair Yoga 10:45-11:15 School Day Out-S 12-1:30p School Day Out-S 3:30- 4:15 School Day Out-S	9:30-10:30a Senior Fit-S 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N	 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N	9:30-10:30a Senior Fit-S 2:30-3:30p Afterschool -N 3:30-5:30p Open Pickleball-N	
8	9	10	11	12	13	14
7-9p HS Tennis	9:30-10:30a Senior Fit-S 1:30-2:30 Special Olympics-S 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N	9:30-10:30a Chair Yoga 4-4:30p AfterSchool-S	9:30-10:30a Senior Fit-S 4-4:30p Afterschool-S 3-5:15p Open Pickleball-N	4-4:30p Afterschool-S 4:30-5:30 Rookie Vball 5:30-7:30 Youth VBall	9:30-10:30a Senior Fit-S 2:30-3:30p Afterschool -N 3:30-5:30p Open Pickleball-N	
15	16	17	18	19	20	21
3:30-6p COED Vball 7-9p HS Tennis	9:30-10:30a Senior Fit-S 1:30-2:30 Special Olympics-S 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N	9:30-10:30a Chair Yoga 4-4:30p AfterSchool-S 5-7p Youth Vball	9:30-10:30a Senior Fit-S 3-5:15p Open Pickleball-N 4-4:30p Afterschool-S 5:30-8p Women Vball	4-4:30p Afterschool-S 4:30-5:30 Rookie Vball 5:30-7:30 Youth VBall	9:30-10:30a Senior Fit-S 2:30-3:30p Afterschool -N 3:30-5:30p Open Pickleball-N	6p-9p Parents Night Out-S
22	23	24	25	26	27	28
3:30-6p COED Vball 7-9p HS Tennis	9:30-10:30a Senior Fit-S 1:30-2:30 Special Olympics-S 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N 6-9p Men's Bball	9:30-10:30a Chair Yoga 4-4:30p AfterSchool-S 5-7p Youth Vball	9:30-10:30a Senior Fit-S 3-5:15p Open Pickleball-N 4-4:30p Afterschool-S 5:30-8p Women Vball	4-4:30p Afterschool-S 4:30-5:30 Rookie Vball 5:30-7:30 Youth VBall	9:30-10:30a Senior Fit-S 2:30-3:30p Afterschool -N 3:30-5:30p Open Pickleball-N	
29	30	31	 <p>Programs in black 1/2 the gym is reserved and the other side is open. Programs in red the full gym is reserved for the program. All other times full gym open for use. Gym is open 24-7 for members with Key Fob access. All times are subject to change.</p>			
3:30-6p COED Vball 7-9p HS Tennis	9:30-10:30a Senior Fit-S 1:30-2:30 Special Olympics-S 4-4:30p Afterschool-S 3-5:30p Open Pickleball-N 6-9p Men's Bball	9:30-10:30a Chair Yoga 4-4:30p AfterSchool-S 5-7p Youth Vball				