

September 2023

GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					9:30-10:30a Senior Fit-S 12:45-1:45pm IELS P.E. 2:30-3:30p AfterSchool-N 3:30-5:30 Pickleball-N	
3	4	5	6	7	8	9
	Labor Day	9:30-10:30a Chair Yoga 2:30-3:20p IELS PE 4-4:30p AfterSchool-S	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	9:30-10:30a Senior Fit-S 12:45-1:45pm IELS P.E. 2:30-3:30p AfterSchool-N 3:30-5:30 Pickleball-N	
10	11	12	13	14	15	16
	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 2:30-3:20p IELS PE 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	9:30-10:30 Beginner Pickleball - N 4-4:30p AfterSchool-S	9:30-10:30a Senior Fit-S 12:45-1:45pm IELS P.E. 2:30-3:30p AfterSchool-N 3:30-5:30 Pickleball-N	6-10p Parents Night Out-S
17	18	19	20	21	22	23
	7:30a-3p PPHD Kids Fitness and Nutrition Day 3-5:30p Pickleball-N 4-4:30p AfterSchool-S 3:30-6p Coed Vball	9:30-10:30a Chair Yoga 2:30-3:20p IELS PE 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	9:30-10:30 Beginner Pickleball - N 4-4:30p AfterSchool-S	9:30-10:30a Senior Fit-S 12:45-1:45pm IELS P.E. 2:30-3:30p AfterSchool-N 3:30-5:30 Pickleball-N	
24	25	26	27	28	29	30
	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 2:30-3:20p IELS PE 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	9:30-10:30 Beginner Pickleball - N 4-4:30p AfterSchool-S	9:30-10:30a Senior Fit-S 12:45-1:45pm IELS PE 2:30-3:30p AfterSchool-N 3:30-5:30 Pickleball-N	



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.