

# October 2024

# Gym Schedule

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                           |
|--------|---|---|---|---|---|------------------------------------|
| 29     | 30  | 1<br>9:30-10:30a Chair Yoga<br>2:25-3:10p IELS PE<br>4:30-6:30p Flag FB           | 2<br>9:30-10:30a Senior Fit-S<br>3-5:15p Open Pickleball-N<br>4:30-5:45 Youth Cheer-S<br>5:45-8p Women's Volleyball | 3<br>2:25-3:10p IELS PE<br>4:30-7:45p Youth Basketball<br>5:15-7:15p Youth Soccer                                 | 4<br>9:30-10:30a Senior Fit-S<br>3:30-5:30p Open Pickleball-N   | 5                                  |
| 6      | 7<br>9:30-10:30a Senior Fit-S<br>4-6p COED Volleyball<br>3:30-5:30p Open Pickleball-N<br>6-9p Men's Basketball  | 8<br>9:30-10:30a Chair Yoga<br>2:25-3:10p IELS PE<br>4:30-6:30p Flag FB           | 9<br>9:30-10:30a Senior Fit-S<br>3-5:15p Open Pickleball-N<br>5:45-8p Women's Volleyball                            | 10<br>2:25-3:10p IELS PE<br>4:30-7:45p Youth Basketball   | 11<br>9:30-10:30a Senior Fit-S<br>3:30-5:30p Open Pickleball-N  | 12<br>8:30-12:30p Youth Basketball |
| 13     | 14<br>9:30-10:30a Senior Fit-S<br>4-6p COED Volleyball<br>3:30-5:30p Open Pickleball-N<br>6-9p Men's Basketball | 15<br>9:30-10:30a Chair Yoga<br>2:25-3:10p IELS PE<br>5:00-8:30p Youth Basketball | 16<br>9:30-10:30a Senior Fit-S<br>3-5:15p Open Pickleball-N<br>5:45-8p Women's Volleyball                           | 17<br>2:25-3:10p IELS PE<br>4:30-7:45p Youth Basketball   | 18<br>7:45-8:45a School Day Out<br>9:30-10:30a Senior Fit-S<br>11:10-11:45p School Day Out<br>12:30-1:30p School Day Out<br>3:30-5:30p Open Pickleball-N<br>4:24-5:10p School Day Out | 19<br>8:30-12:30p Youth Basketball |
| 20     | 21<br>9:30-10:30a Senior Fit-S<br>4-6p COED Volleyball<br>3:30-5:30p Open Pickleball-N<br>6-9p Men's Basketball | 22<br>9:30-10:30a Chair Yoga<br>2:25-3:10p IELS PE<br>5:00-8:30p Youth Basketball | 23<br>9:30-10:30a Senior Fit-S<br>3-5:15p Open Pickleball-N<br>5:45-8p Women's Volleyball                           | 24<br>2:25-3:10p IELS PE<br>4:30-7:45p Youth Basketball   | 25<br>9:30-10:30a Senior Fit-S<br>3:30-5:30p Open Pickleball-N  | 26<br>8:30-12:30p Youth Basketball |
| 27     | 28<br>9:30-10:30a Senior Fit-S<br>4-6p COED Volleyball<br>3:30-5:30p Open Pickleball-N<br>6-9p Men's Basketball | 29<br>9:30-10:30a Chair Yoga<br>2:25-3:10p IELS PE<br>5:00-8:30p Youth Basketball | 30<br>9:30-10:30a Senior Fit-S<br>3-5:15p Open Pickleball-N<br>5:45-8p Women's Volleyball                           | 31<br>2:25-3:10p IELS PE<br> | 1   | 2                                  |

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.