

May 2025

Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
					9:30-10:30a Silver Sneakers-S	
					3:00-5:15p Open Pickleball-N	
				5:15-7:45p Futsal		
4	5	6	7	8	9	10
	9:30-10:30a Active Seniors-S	9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S		9:30-10:30a Silver Sneakers-S	
	3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N	
	5:30-8:15p Futsal			5:15-7:45p Futsal		
11	12	13	14	15	16	17
Closed - Graduation	9:30-10:30a Active Seniors-S	9:30-10:30a Chair Yoga	8:00a-3:00p UNL Ag Day		9:30-10:30a Silver Sneakers-S	
	3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N	
	5:30-8:15p Futsal			5:15-7:45p Futsal		
18	19	20	21	22	23	24
	9:30-10:30a Active Seniors-S	9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S		9:30-10:30a Silver Sneakers-S	
	3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N	
25	26	27	28	29	30	31
	Closed - Memorial Day	7:30-8:45a Summer Camp	7:30-8:45a Summer Camp	7:30-8:45a Summer Camp	7:30-8:45a Summer Camp	
		9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S		9:30-10:30a Silver Sneakers-S	
		12:30- 1:15p Summer Camp-S	12:30- 1:15p Summer Camp-S	12:30- 1:15p Summer Camp-S	12:30- 1:15p Summer Camp-S	
		2:35-3:35p Summer Camp-S	2:35-3:35p Summer Camp-S	2:35-3:35p Summer Camp-S	2:35-3:35p Summer Camp-S	
			3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N	
		5:00-5:30p Summer Camp-S	5:00-5:30p Summer Camp-S	5:00-5:30p Summer Camp-S	5:00-5:30p Summer Camp-S	

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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.