

September 2026

Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S		9:30-10:30a Silver Sneakers-S	
		2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	
6	7	8	9	10	11	12
		9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S		9:30-10:30a Silver Sneakers-S	
		2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	
		4:30-6:30p Flag Football	5:45-8:15p Women's Volleyball	4:45-6:45p Outdoor Soccer		
13	14	15	16	17	18	19
	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	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N	
		4:30-6:30p Flag Football	5:45-8:15p Women's Volleyball	4:45-6:45p Outdoor Soccer		
20	21	22	23	24	25	26
	9:30-10:30a Active Seniors-S	9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S	8:00a-4:00p 3rd Grade Health & Wellness Day	9:30-10:30a Silver Sneakers-S	
	3:00-5:15p Open Pickleball-N	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N		3:00-5:15p Open Pickleball-N	
4:30-6:15p COED Volleyball	6:00-9:00p Men's Basketball	4:30-6:30p Flag Football	5:45-8:15p Women's Volleyball	4:45-6:45p Outdoor Soccer	6:00-8:00p MS Glow Volleyball	
27	28	29	30	1	2	3
	9:30-10:30a Active Seniors-S	9:30-10:30a Chair Yoga	9:30-10:30a Silver Sneakers-S			
	3:00-5:15p Open Pickleball-N	2:45-3:20p I.E.L.S PE	3:00-5:15p Open Pickleball-N			
4:30-6:15p COED Volleyball	6:00-9:00p Men's Basketball	4:30-6:30p Flag Football	5:45-8:15p Women's Volleyball			

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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 after hour access. All times subject to change. Gym schedules will vary.