

# Gym Schedule

Fall Schedule: September 29 – December 7, 2025  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday and Sunday 8am-6pm  
Statutory Holidays 8am-4pm

| MONDAY                                        | TUESDAY                                           | WEDNESDAY                                     | THURSDAY                                          | FRIDAY                                             | SATURDAY                  | SUNDAY                                         |
|-----------------------------------------------|---------------------------------------------------|-----------------------------------------------|---------------------------------------------------|----------------------------------------------------|---------------------------|------------------------------------------------|
| Open Gym<br>5:30-8:15am                       | Open Gym<br>5:30-9:15am                           | Open Gym<br>5:30-8:15am                       | Open Gym<br>5:30-9:15am                           | Open Gym<br>5:30-8:45am                            | Open Gym<br>8:00-8:30 am  | Pickleball<br>8:00-10:00am                     |
| Fitness Class<br>8:15-11:30am                 | Fitness Class<br>9:15-10:15am                     | Fitness Class<br>8:15-10:30am                 | Fitness Class<br>9:15-10:15am                     | Fitness Class<br>8:45-10:00am                      | Programming<br>8:30am-1pm | Open Gym<br>10:00am – 2:30pm                   |
| Open Gym<br>11:45-12:00pm                     | Open Gym<br>(Half Gym)<br>10:30-12:45pm           | Open Gym<br>10:45-12:00pm                     | Open Gym<br>(Half Gym)<br>10:30-12:45pm           | Open Gym<br>(Half Gym)<br>10:15-12:00pm            |                           |                                                |
| Fitness Class<br>12:10-12:45pm                | Family Gym Drop-In<br>(Half Gym)<br>10:30-12:45pm | Fitness Class<br>12:10-12:45pm                | Family Gym Drop-In<br>(Half Gym)<br>10:30-12:45pm | Family Gym Drop-In<br>(Half Gym)<br>10:45 -12:00pm |                           |                                                |
|                                               |                                                   |                                               |                                                   | Fitness Class<br>12:10-12:45pm                     |                           |                                                |
| Pickleball<br>1:00-3:00pm                     | Pickleball<br>1:00-3:00pm                         | Pickleball<br>1:00-3:00pm                     | Pickleball<br>1:00-3:00pm                         | Pickleball<br>1:00-3:00pm                          | Open Gym<br>1:00pm-5:45pm | Programming<br>Private rental<br>2:30pm-4:00pm |
| Open Gym<br>3:00-4:30pm                       | Open Gym<br>3:00-4:30pm                           | Open Gym<br>3:00-4:00pm                       | Open Gym<br>3:00-4:30pm                           | Open Gym<br>3:00-5pm                               |                           |                                                |
| After School Gym<br>(Half Gym)<br>4:30-5:00pm | After School Gym<br>(Half Gym)<br>4:30-5:00pm     | After School Gym<br>(Half Gym)<br>4:30-5:00pm | After School Gym<br>(Half Gym)<br>4:30-5:00pm     |                                                    |                           | Teen Night<br>5:00-9:15pm                      |
| Programming<br>5:30-9:30pm                    | Open Gym<br>5:00-6:15pm                           | Programming<br>4:00-8:00pm                    | Programming<br>5:00-7:30pm                        |                                                    |                           |                                                |
|                                               | Programming<br>6:30-7:30pm                        |                                               |                                                   | Open Gym<br>(Half Gym)<br>8:30-9:15pm              |                           |                                                |