

Winter Gym Schedule

January 5, 2026 to March 15, 2026

Registration required for all programs.

Building Hours:

Monday - Friday 5:30am – 9:30pm

Saturday & Sunday 8am - 6pm

Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-10:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:45am	Open Gym 5:30am-8:00AM	Pickleball 8:00-10:00am
Fitness Class 10:30-11:30am	Fitness Class 9:30-10:15am	Fitness Class 8:30am-9:15am	Fitness Class 9:30-10:15am	Fitness Class 9:00-9:45am		
Open Gym 11:45-11:55pm	Open Gym 10:30-12:45pm	Open Gym 9:30-11:55pm	Open Gym (Half) 10:30-12:45pm	Open Gym 10:00-11:55pm	Programming (Half gym) 8:00AM-12:00pm	Programming (Half gym) 10am-10:30am
Fitness Class 12:10-12:45pm		Fitness Class 12:10-12:45	Family Gym Drop-In (Half Gym) 10:30-12:45pm	Fitness Class 12:10-12:45pm		
Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Open Gym 12:00pm-6pm	Open Gym (Half Gym) 10:05am-10:30am
Open Gym (Half) 3:00-4:15pm	Open Gym 3:00-4:15pm	Open Gym 3:00-5:00pm	Open Gym (Half) 3:15-4:30pm	Teen Night 4:00 - 9:15pm		Open Gym 10:30am-2:45pm
	Afterschool Programming (Half) 3:30pm-4:15pm		Afterschool Programming (Half) 3:30pm-4:45pm			
Programming (Half) 4:30pm-6:30PM	Programming 4:15pm-7:30pm	Programming 5:00pm-7:35pm	Programming 4:45pm-8:00pm			
Open Gym (Half) 4:30pm-6pm		Family Gym Drop-In (Half Gym) 6:30pm-7:20pm				
Judo Drop-in (Half Gym) 6PM-9:30PM	Pickleball 7:30-9:30pm	Dodgeball Drop-In 16+ (Half) 7:30pm-9:30pm	Open Gym 8:00pm-9:30pm			Private Rental 2:45pm-5:45pm
Open Gym (Half) 6:30-9:30pm		Open Gym (Half) 7:20pm-9:30pm				

Schedules are subject to change.

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