

OPEN GYM SCHEDULE

Schedule is subject to change. Please call ahead for the most current schedule.

Members are welcome to use the gym if it is empty during non-listed hours.

If weather forces programs indoors, programs will have priority.

Birthday parties may be scheduled on Saturdays between 10 AM-12 PM.

Monday

5:30-7:15 AM - Open

2:00-3:45 PM - Open

8:00-9:30 PM - Open

Friday

6-7:30 AM - Adult Full-Court
Basketball

2:00-3:30 PM - Open

5:30-6:30 PM - Open

Tuesday

5:30-7:15 AM - Open

2:00-3:45 PM - Open

8:00-9:30 PM - Open

Saturday

8:00-10:00 AM - Open

12:00-5:00 PM - Open

Wednesday

5:30-7:15 AM - Open

2:00-3:45 PM - Open

6:00-9:30 PM - Open

Sunday

8:00 AM-10:00 AM - Adult Gym

10:00 AM-3:00 PM - Open Gym

Thursday

5:30-7:15 AM - Open

2:00-3:45 PM - Open

7:30-9:30 PM - Open

17.5 Laps in Gym = 1 Mile

Effective until 1/6/2019