



## WEST GYM SCHEDULE/OCTOBER 27-DECEMBER 21

| Time     | Monday                                               | Tuesday                                          | Wednesday                            | Thursday                                         | Friday                                       | Saturday                                 | Sunday                                |                                               |
|----------|------------------------------------------------------|--------------------------------------------------|--------------------------------------|--------------------------------------------------|----------------------------------------------|------------------------------------------|---------------------------------------|-----------------------------------------------|
| 5:00 AM  | Open Gym<br>5-9am                                    |                                                  | Open Gym<br>5-9am                    |                                                  | Open Gym<br>5-9:15am                         | CLOSED                                   | CLOSED                                |                                               |
| 5:30 AM  |                                                      | Spinning<br>5:45-6:30am                          |                                      | Spin & Sculpt<br>5:45-6:30am                     |                                              |                                          |                                       |                                               |
| 6:00 AM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 6:30 AM  |                                                      | Open Gym<br>6:30-8am                             |                                      | Open Gym<br>6:30-8am                             |                                              |                                          |                                       |                                               |
| 7:00 AM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 7:30 AM  |                                                      | Step & Sculpt<br>8:00-8:45am                     |                                      | Step & Sculpt<br>8:00-8:45am                     |                                              |                                          |                                       |                                               |
| 8:00 AM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 8:30 AM  |                                                      |                                                  |                                      |                                                  | Adult<br>Drop-In<br>Pickleball<br>8-11am     | Adult<br>Drop-In<br>Pickleball<br>8-11am |                                       |                                               |
| 9:00 AM  | Spinning<br>9:15-10am                                | HIIT<br>9:15-10am                                | Spinning<br>9:15-10am                | HIIT<br>9:15-10am                                |                                              |                                          | Step Aerobics<br>9:15-10am            |                                               |
| 9:30 AM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 10:00 AM | Open Gym<br>9:15am-12pm                              | Pedaling for<br>Parkinson's<br>10:00-<br>11:00am | Open Gym<br>9:15am-12pm              | Pedaling for<br>Parkinson's<br>10:00-<br>11:00am | Pedaling for<br>Parkinson's<br>10:00-11:00am |                                          |                                       |                                               |
| 10:30 AM |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 11:00 AM |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 11:30 AM |                                                      | Open Gym<br>11am-12pm                            |                                      | Open Gym<br>11am-12pm                            | Open Gym<br>10am-12pm                        | Open Gym<br>11am-5pm                     | Open Gym<br>11am-12pm                 |                                               |
| 12:00 PM | Adult Drop-In<br>Futsal<br>12-1pm                    | Adult<br>Drop-In<br>Pickleball<br>12-3:15pm      | Adult Drop-In<br>Futsal<br>12-1pm    | Adult<br>Drop-In<br>Pickleball<br>12-3:15pm      | Adult Drop-In<br>Futsal<br>12-1pm            |                                          | Adult Drop-In<br>Basketball<br>12-2pm |                                               |
| 12:30 PM |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 1:00 PM  | Adult<br>Drop-In<br>Pickleball<br>1:15-3:15pm        |                                                  | Open Gym<br>1-5pm                    |                                                  | Adult<br>Drop-In<br>Pickleball<br>12-3:15pm  |                                          |                                       | Adult<br>Drop-In<br>Pickleball<br>1:15-3:15pm |
| 1:30 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 2:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 2:30 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 3:00 PM  | Open Gym<br>3:30-4:15pm                              |                                                  | Open Gym<br>3:30-5:30pm              |                                                  | Youth Sports<br>5-7pm                        | Open Gym<br>3:30-5:30pm                  |                                       | Open Gym<br>3:15-8pm<br>CLOSED<br>8pm         |
| 3:30 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 4:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 4:30 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 5:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 5:30 PM  | Youth Sports<br>4:15-7pm                             | Spinning<br>5:30-6:15pm                          | Youth Sports<br>5-7pm                | Spinning<br>5:30-6:15pm                          | Open Gym<br>3:15-8pm<br>CLOSED<br>8pm        |                                          |                                       |                                               |
| 6:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 6:30 PM  |                                                      | HIIT<br>6:30-7:05pm                              |                                      | UJam<br>6:30-7:15pm                              |                                              |                                          |                                       |                                               |
| 7:00 PM  | Adult Volleyball<br>Leagues<br>(9/15-11/17)<br>7-9pm | Open Gym<br>7:15-9pm                             | Adult Drop-In<br>Volleyball<br>7-9pm | Adult Drop-In<br>Basketball<br>7:15-9pm          | CLOSED<br>8pm                                | CLOSED<br>5pm                            | CLOSED<br>5pm                         |                                               |
| 7:30 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 8:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |
| 9:00 PM  |                                                      |                                                  |                                      |                                                  |                                              |                                          |                                       |                                               |

**RAIN/INCLEMENT WEATHER:** To accommodate Youth Sports, Fitness Classes in the West Gym, Open Gym, and Adult Sports will be cancelled if there is inclement weather/rain.