

# Gym Schedule

Schedule subject to change

Valid until Feb. 19

If the gym is empty during non-listed hours, members are welcome to use the gym. If weather forces programs indoors, programs will have priority.

**Family Gym:** For members - under 13 years and their parents

**Adult Gym:** For members 13 years and older

**Tween Fitness Quest:** For members 10-14

## Monday

5:30 - 7:15 AM - Open

12 - 4 PM - Open

6 - 6:45 PM - (½ Open) Family Gym in ½

7 - 7:45 PM - (½ Open) Tween Fitness Quest in ½

8-9:30 PM - Adult Gym

## Tuesday

5:30 - 7:30 AM - Open

8 - 8:30 AM - Open

1 - 4:00 PM - Open

8:30 - 9:30 PM - Adult Gym

## Wednesday

5:30 - 7:30 AM - Open

8 - 8:30 AM - Open

1 - 4 PM - Open

## Thursday

5:30 - 7:30 AM - Open

8 - 8:30 AM - Open

1 - 4:30 PM

Jan. 14 Gym is closed 11 AM-12 PM  
and 2:30-4 PM

Jan. 21 Gym is closed 11 AM-12 PM

Jan. 28 Gym is closed 10:30 -11:30 AM

Feb. 4 Gym is closed 5-10 PM

## Friday

5:30 - 7:30 AM - Open

8 - 8:30 AM - Open

2 - 4 PM - Open

6 - 6:30 PM - Open

## Saturday

8 AM - 12 PM - Open

12 PM - 1 PM - Adult Gym

2:30 - 5 PM - Open

## Sunday

8 - 11 AM - Open

11 AM -12:30 PM - Adult Gym

2 - 7 PM - Open

