

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.

Monday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

Aug 7-14-Closed 12:30-1 PM

Friday

6-7:30 AM-Closed Full Ct Adult BBall

5:30-6:30 PM - Open

Tuesday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

Saturday

8:00-9:00 AM - Open

12:15-5:00 PM - Open

Aug 12 and 26-Closed 10:30-11:30 AM

Wednesday

5:30-7:15 AM – Open

6:00-9:30 PM - Open

Aug 2-16-Closed 12:30-1 PM

Sunday

8:00-10:00 AM – Adult Gym

10 AM-2 PM-½Adult/Family Gym

2:00-7:00 PM – Open Gym

Thursday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

17.5 laps in Gym = 1 Mile

Effective until 9/4/17