



GYM SCHEDULE – MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	PICKLEBALL 6:30-9:30 AM (3 courts)	PICKLEBALL 6:30-8:30 AM (3 courts)	TRX Circuit 5:15-6:00 AM	PICKLEBALL 6:30-8:30 AM (3 courts)	PICKLEBALL 6:30-9:30 AM (3 courts)	OPEN GYM 7:00AM-2:00 PM
	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)			
	OPEN GYM (½ GYM) 7:00 AM-10:00 AM		OPEN GYM (½ GYM) 9:30-12:00 AM		OPEN GYM (½ GYM) 8:30-8:55 AM	
TRX CIRCUIT 9:00-9:45 AM		BOOM MUSCLE® 10:15-10:45 AM		TRX CIRCUIT 9:00-9:45 AM		
OPEN GYM 10:00-5:45 PM *½ Gym may be used for Birthday parties from 11:00-5:00 pm. App will reflect any schedule changes.		BOOM MUSCLE® 10:15-10:45 AM		BOOM MOVE® 10:00-10:30 AM	OPEN GYM (½ GYM) 11:00-12:45 AM	
	SILVERSNEAKERS YOGA® 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	SILVERSNEAKERS CLASSIC® 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	SILVERSNEAKERS STABILITY® 11:00-11:30 AM	
	OPEN GYM 12:00-1:30 PM	CORE & RESTORE 11:45-12:30 PM	LINE DANCING 12:00-12:45 PM	CORE & RESTORE 11:45-12:30 PM	OPEN GYM 11:30-1:30 PM	
	PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:30-1:30 PM	OPEN GYM 12:45-1:30 PM	ADULT PICK-UP BASKETBALL 12:30-1:30 PM		
	OPEN GYM 3:00-4:30 PM	PICKLEBALL 1:30-3:00 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:30-3:00 PM	PICKLEBALL 1:30-3:00 PM	ADVANCED PICKLEBALL 1:30-3:00 PM	
	TRX CIRCUIT (½ GYM) 4:30-5:15 PM	OPEN GYM 3:00-5:30 PM	OPEN GYM 3:00-8:00 PM	OPEN GYM (½ GYM) 5:30-7:30 PM	OPEN GYM 3:00-8:00 PM	
	OPEN GYM (½ GYM) 4:30-5:30 PM	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM		PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM		
	OPEN GYM 5:30-8:00 PM	OPEN GYM (½ GYM) 5:30-6:30 PM		PRESCHOOL SOCCER (½ GYM) 6:30-7:15 PM		
		OPEN GYM 6:30-8:00 PM		OPEN GYM 7:30-8:00 PM		
	19+ ADULT/FAMILY OPEN GYM* 8:00-9:45 PM	PICKLEBALL* 8:00-9:45 PM (3 Courts)		19+ ADULT PICK-UP BASKETBALL* (½ GYM) 8:00-9:45 PM		19+ ADULT/FAMILY OPEN GYM* 8:00-9:45 PM

			FAMILY GYM* (½ GYM) 8:00-9:45 PM		be restricted to ½ Gym from 6:00-9:00 pm due to Parents Night Out.	
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* Denotes that members must be 19+ to utilize space. Any member under the age of 19 must be accompanied by their legal guardian. Half Gym may be closed due to class size.