



GYM SCHEDULE – JULY 2025

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

* 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.