



# MARCH GYM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Please note the following: During Open Gym we ask that pick up basketball games only happen on Court 2, Court 1 must remain open for general usage. Starting March 6th, we will have Adult Drop-in Volleyball every Tuesday from 7-8 pm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>COURT 1: CROSS COURT CLOSEST TO GYM MAIN ENTRANCE</b> <b>COURT 2: CROSS COURT ON FAR SIDE OF THE GYM MAIN ENTRANCE</b>	OPEN GYM 5:00-8:15AM	OPEN GYM 5:00-9:30AM	OPEN GYM 5:00-8:15AM	OPEN GYM 5:00-8:15AM	OPEN GYM 5:00-8:15AM	OPEN GYM 7:00-8:30AM
	Low Impact Fitness 8:30-9:30AM		Low Impact Fitness 8:30-9:30AM	Low Impact Fitness 8:30-9:30AM	Low Impact Fitness 8:30-9:30AM	Low Impact Fitness 8:30-9:30AM
	Zumba 10:00-11:00AM	Legends 9:45AM-12:00PM	Zumba 10:00-11:00AM	Legends 9:45AM-12:00PM	Zumba 10:00-11:00AM	Legends* 8:30AM-11:30PM
	50+ All Stars 11:15AM-1:00PM		50+ All Stars 11:15AM-1:00PM		OPEN GYM 11:00AM-12:00PM	
Pickleball 1:15PM-3:15PM	OPEN GYM 1:00PM-4:45PM	OPEN GYM 12:00AM-1:30PM	OPEN GYM 1:00PM-4:15PM	OPEN GYM 12:00AM-1:30PM	Adult Basketball 12:00-2:00PM	OPEN GYM 11:30AM-Close
		Pickleball 1:30PM-4:00PM		Pickleball 1:30-4:00PM	Pickleball 2:00-4:30PM	
OPEN GYM 3:30PM-Close	Tabata 5:00-5:30PM	OPEN GYM 4:15PM-5:15PM (Whole Gym)	Athletic Conditioning 4:30-5:30PM	OPEN GYM 4:15-5:30PM	OPEN GYM 4:45PM- CLOSE	
	Tabata 5:30-6:00PM	Athletic Conditioning 5:30-6:30PM	Open Gym (Whole Gym) 5:45-CLOSE	Family Tabata 5:45-6:30PM		
		Adult Volleyball 7:00-8:00pm (Court 2)		Shooters 6:45PM-9:00PM (Court 2)		
	OPEN GYM 6:15PM-Close	OPEN GYM Court 1 6:30PM-CLOSE	Shooters 9:00PM - CLOSE (Court 2)	OPEN GYM 6:45PM-9PM (Court 1) 9:00PM-Close (Whole Gym)		

**ADULT BASKETBALL:** 18 and up, full court basketball **SHOOTERS:** 18 and up, half court, no physical play, freedom of movement rules

**LEGENDS:** 35 and up, half court basketball on 1 goal. 2 half court games if player number exceeds 25.

\*Saturday Legends will be on the 2 main Goals

**50+ All-Stars:** 50 and up, half court basketball to one goal

**PICKLEBALL:** Open to all members 16 and up. 13-15 with adult supervision

**Facility Hours**

Mon.-Th.: 5am-10pm  
Fri.: 5am-9pm  
Sat.: 7am-7pm  
Sun.: 1pm- 6pm

**Youth Development Center Hours**

Mon.-Th.: 8am-1:30pm & 3:30-8pm  
Fri.: 8am-1:30pm & 3:30-7pm  
Sat.: 7:45am-1:30pm  
Sun.: 2pm-6pm

**Youth Lounge**

Mon-Th.: 4-8pm  
Sat.: 8am-1:30pm  
Sun.: Closed