

# GYM SCHEDULE

## MAY 2019

For more information, contact Danielle Phillips at 461-2000, ext. 225

### MONDAY

5:00am - 9:00am	Open Gym
9:00am - 10:30am	Cardio Fit
10:30am - 12:00pm	1/2 Open
10:30am - 12:00pm	1/2 Wolk Kids
12:00pm - 1:00pm	Open Gym
1:00pm - 3:00pm	Open Pickleball
3:00pm - 4:00pm	Youth Programs
4:00pm - 5:00pm	1/2 Open
4:00pm - 5:00pm	1/2 Youth Programs
5:00pm - 7:30pm	Men's Pick-up Basketball
7:30pm - 9:30pm	Open Gym

### TUESDAY

5:00am - 7:30am	Men's Pick-up Basketball
7:30am - 9:00am	Open Gym
9:00am - 9:30am	1/2 Kindercrew
9:00am - 12:00pm	1/2 Wolk Kids
9:30am - 12:00pm	1/2 Open
12:00pm - 1:00pm	Pickleball Clinic (Registration Required)
1:00pm - 2:30pm	Open Pickleball
2:30pm - 3:00pm	1/2 Kindercrew
2:30pm - 3:00pm	1/2 Open
3:00pm - 4:00pm	Open Gym
4:00pm - 5:30pm	Youth Programs
5:30pm - 6:30pm	Open Gym
6:30pm - 9:30pm	Over 30 Men's Basketball

### WEDNESDAY

5:00am - 8:45am	Beginner/Intermediate Pickleball
9:00am - 10:30am	Cardio Fit
10:30am - 11:30am	Open Gym
11:30am - 2:00pm	Open Pickleball
2:00pm - 4:00pm	Open Gym
4:00pm - 5:30pm	Youth Programs
5:30pm - 6:30pm	Open Gym
6:30pm - 8:30pm	Adult Floor Hockey

### THURSDAY

5:00am - 9:00am	Open Gym
9:00am - 9:30am	1/2 Kindercrew
9:00am - 9:30am	1/2 Wolk Kids
9:30am - 10:00am	Wolk Kids Whole Gym
10:00am - 11:00am	1/2 Open
10:00am - 11:00am	1/2 Wolk Kids
11:00am - 12:00pm	Pickleball Clinic (Registration Required)
12:00pm - 2:30pm	Open Pickleball
2:30pm - 3:00pm	1/2 Kindercrew
2:30pm - 3:00pm	1/2 Open
3:00pm - 4:00pm	Open Gym
4:00pm - 5:30pm	Youth Programs
5:30pm - 7:00pm	HIIT
7:00pm - 9:30pm	Open Pickleball

### FRIDAY

5:00am - 7:30am	Gym Reserved - Basketball Rental
7:30am - 9:00am	Open Gym
9:00am - 10:30am	Cardio Fit
10:30am - 11:30am	Open Gym
11:30am - 2:30pm	Open Pickleball
2:30pm - 4:00pm	Open Gym
4:00pm - 5:30pm	Youth Programs

### SATURDAY

8:00am - 9:30am	HIIT
9:30am - 12:00pm	Open Gym
12:00pm - 3:00pm	Men's Pick-up Basketball
3:00pm - 6:30pm	1/2 Family Time
3:00pm - 4:30pm	1/2 Open
6:30pm - 8:00pm	1/2 Open
6:30pm - 8:00pm	1/2 Volleyball Rental

### SUNDAY

8:00am - 9:00am	Open Gym
9:00am - 11:55am	Open Pickleball
12:00pm - 4:30pm	Youth Programming
4:30pm - 6:30pm	Open Gym
6:30pm - 8:00pm	1/2 Open
6:30pm - 8:00pm	1/2 Open Table Tennis

\*\*\*PICKLEBALL IS ONLY OPEN DURING OPEN PICKLEBALL AND NOT DURING OPEN GYM\*\*\*

SECOND SATURDAY OF THE MONTH IS RESERVED FOR BOUNCE HOUSE PARTIES

# GYM PROGRAM DESCRIPTIONS: MAY 2019

MEN'S PICK-UP BASKETBALL: 2nd Saturday of the month reserved for bounce house parties