

Fall 2026

Gymnasium Schedule

Updated October 1, 2026

Please note that there will be a minimum 10-minute set-up period between all programs.

Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Morning							
Open Gym 5:30am-9:45am	Open Gym 5:30am-10:15am	Open Gym 5:30am-9:45am	Open Gym 5:30am-10:15am	Open Gym 5:30am-10:15am		Open Gym 7:00am-8:30am	Open Gym 7:00am-9:15am
Cardio Flow 9:00am-10:00am		Cardio Flow 9:00am-10:00am				Special Olympics 8:30am-10:15am	Pickle Ball 9:30am-11:00am
Child Care Programming 10:00am-12:00pm	Rejuvenate 10:30am-12:00pm	Child Care Programming 10:00am-12:00pm	Rejuvenate 10:30am-12:00pm			Open Gym 10:15am-2:30pm	Open Gym 11:15am-7:00pm
Afternoon							
Open Gym 12:00pm-1:00pm	Bootcamp 12:10pm-1:30pm	Open Gym 12:00pm-1:00pm	Open Gym 12:30pm-5:45pm	Pickle ball 12:00pm-2:30pm		Open Gym 10:15am-2:30pm	Open Gym 11:15am-7:00pm
Senior Fit 1:30pm to 2:30pm	Pickle Ball 1:30pm-3:30pm	Senior Fit 1:30pm to 2:30pm				Growing Mindfully 2:30pm-5:30pm (Starts on October 17)	
Evening							
Open Gym 2:45pm-9:00pm	Open Gym 3:45pm-9:00pm	Open Gym 2:45pm-5:45pm	Open Gym 12:30pm-5:45pm	Volleyball (6:00pm-9pm) (Half-gym)	Open Gym 2:45pm-9:00pm	Open Gym 5:30pm-7:00pm	Open Gym 11:15am-7:00pm
			Pickle Ball 6:00pm-8:00pm				
		Dodgeball 6:00pm-9:00pm	Open Gym 8:15pm-9:00pm				
Schedule subject to change without notice.							