

THE NAMES FAMILY FOUNDATION GYMNASIUM



MAY 8TH

MAY 9TH

MAY 10TH

MAY 11TH

MAY 12 TH MAY 13TH MAY 14TH

MON

DROP-IN*

PICKLEBALL

8:30-11:30AM

DROP-IN*

BASKETBALL

12-2PM

16&UNDER

OPEN GYM

2-4PM

SKYHAWKS BASKETBALL

4-7PM

TUE

WFD

THU

DROP-IN

PING-PONG

8:30-10:30AM

TOT GYM

11-1:30PM

16&UNDER

OPEN GYM

2-5PM

FRI

SAT

SUN

8AM

9AM

10AM

11**Δ**M

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

DROP-IN PING-PONG 8:30-10:30AM

TOT GYM 11-1:30PM

16&UNDER **OPEN GYM** 2-5PM

ADULT BASKETBALL **LEAGUES** 6-9PM

DROP-IN*

PICKLEBALL 8:30-11:30AM

DROP-IN* BASKETBALL 12-2PM

> 16&UNDER **OPEN GYM** 2-5PM

WEDNESDAY WORKOUTS WITH TRIPLE IMPACT 6-8PM

ADULT BASKETBALL **LEAGUES** 6-9PM

DROP-IN* PICKLEBALL 8:30-11:30AM

DROP-IN* BASKETBALL 12-2PM

> 16&UNDER **OPEN GYM** 2-5PM

CLOSED FOR RENTAL 2-6PM

DROP-IN VOLLEYBALL 9:30-11:45AM

CLOSED FOR RENTAL 2-4PM

CLOSED FOR RENTAL 2-4PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



MULTI-PURPOSE ROOM



MAY 8TH MAY 10TH MAY 9TH MAY 11TH MAY 12TH MAY 13TH MAY 14TH MON THU SUN TUE WED FRI SAT 8AM GENTLE HATHA
YOGA GENTLE HATHA
YOGA GENTLE HATHA
YOGA 9AM 9-10AM **10AM** TOT STORYTIME CHAIR YOGA **11AM CLOSED** 10:30-11AM 10:30-11:30AM 10:30-11:30AM **FOR RENTAL 12PM** 10-1PM 1PM 2PM 3PM **CLOSED FOR RENTAL** 4PM **DROP-IN** 2-6PM 5PM **PING PONG** 6PM 4-7PM **CLOSED** 7PM **FOR RENTAL** 8PM 6-9PM 9PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



MAY 8TH MAY 9TH MAY 10TH MAY 11TH MAY 12TH MAY 13TH MAY 14TH MON THU SUN TUE WED FRI SAT 8AM 9AM **10AM** BARRE/HIIT 10:30-11:30AM **11AM** 10:30-11:15AM **12PM** 1PM CREATIVE MOVEMENT

BALLET 2PM 1-1:45PM 3PM 4PM **BRIDGE** 5PM **FOR BEGINNERS** 4-6PM 6PM YIN YOGA & MEDITATION 6:15-7:30PM 7PM BARRE 7-8PM 8PM 9PM

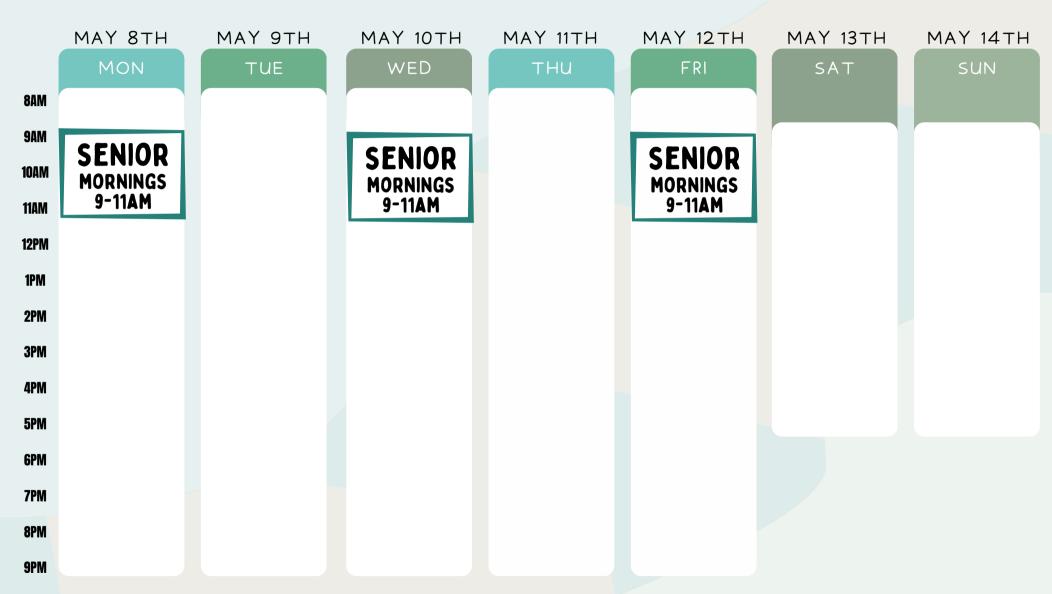
FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



GATHERING SPACE





FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



THE CITY OF FIRCREST YOUTH ROOM



	MAY 8TH	MAY 9TH	MAY 10TH	MAY 11TH	MAY 12TH	МАҮ 13ТН	MAY 14TH
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM							
10AM						SNAPOLOGY 10-11:15AM	
11AM						10-11:15AM	
12PM							
1PM							
2PM							
ЗРМ							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM