

THE NAMES FAMILY FOUNDATION GYMNASIUM

	MAY 8TH MON	MAY 9TH TUE	MAY 10TH WED	MAY 11TH THU	MAY 12TH FRI	MAY 13TH SAT	MAY 14TH SUN
8AM							
9AM	DROP-IN* PICKLEBALL 8:30-11:30AM	DROP-IN PING-PONG 8:30-10:30AM	DROP-IN* PICKLEBALL 8:30-11:30AM	DROP-IN PING-PONG 8:30-10:30AM	DROP-IN* PICKLEBALL 8:30-11:30AM		DROP-IN VOLLEYBALL 9:30-11:45AM
10AM							
11AM							
12PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 11-1:30PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 11-1:30PM	DROP-IN* BASKETBALL 12-2PM		CLOSED FOR RENTAL 2-4PM
1PM							
2PM	16&UNDER OPEN GYM 2-4PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	CLOSED FOR RENTAL 2-6PM	CLOSED FOR RENTAL 2-4PM
3PM							
4PM							
5PM	SKYHAWKS BASKETBALL 4-7PM						
6PM		ADULT BASKETBALL LEAGUES 6-9PM	WEDNESDAY WORKOUTS WITH TRIPLE IMPACT 6-8PM	ADULT BASKETBALL LEAGUES 6-9PM			
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM



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

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



	MAY 8TH MON	MAY 9TH TUE	MAY 10TH WED	MAY 11TH THU	MAY 12TH FRI	MAY 13TH SAT	MAY 14TH SUN
8AM							
9AM							
10AM							
11AM				CREATIVE MOVEMENT BALLET 10:30-11:15AM	BARRE/HIIT 10:30-11:30AM		
12PM							
1PM				CREATIVE MOVEMENT BALLET 1-1:45PM			
2PM							
3PM							
4PM							
5PM			BRIDGE FOR BEGINNERS 4-6PM				
6PM							
7PM			BARRE 7-8PM	YIN YOGA & MEDITATION 6:15-7:30PM			
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



GATHERING SPACE



	MAY 8TH MON	MAY 9TH TUE	MAY 10TH WED	MAY 11TH THU	MAY 12TH FRI	MAY 13TH SAT	MAY 14TH SUN
8AM							
9AM	SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM

	MAY 8TH MON	MAY 9TH TUE	MAY 10TH WED	MAY 11TH THU	MAY 12TH FRI	MAY 13TH SAT	MAY 14TH SUN
8AM							
9AM							
10AM						SNAPOLOGY 10-11:15AM	
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM