


# THE NAMES FAMILY FOUNDATION GYMNASIUM


	JULY 17TH	JULY 18TH	JULY 19TH	JULY 20TH	JULY 21ST	JULY 22ND	JULY 23RD
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM	<b>DROP-IN* PICKLEBALL 8:30-11:30AM</b>	<b>DROP-IN PING-PONG 8:30-10:30AM</b>	<b>DROP-IN* PICKLEBALL 8:30-11:30AM</b>	<b>DROP-IN PING-PONG 8:30-10:30AM</b>	<b>DROP-IN* PICKLEBALL 8:30-11:30AM</b>		
10AM							
11AM							
12PM	<b>DROP-IN* BASKETBALL 12-2PM</b>	<b>TOT GYM 11-1:30PM</b>	<b>DROP-IN* BASKETBALL 12-2PM</b>	<b>TOT GYM 11-1:30PM</b>			
1PM							
2PM	<b>16&amp;UNDER OPEN GYM 2-4PM</b>	<b>16&amp;UNDER OPEN GYM 2-5PM</b>	<b>16&amp;UNDER OPEN GYM 2-5PM</b>	<b>16&amp;UNDER OPEN GYM 2-5PM</b>			
3PM							
4PM							
5PM							
6PM							
7PM		<b>ADULT BASKETBALL 6:30-8:30PM</b>	<b>WOMENS PICKLEBALL LEAGUE 6-9PM</b>	<b>ALL AGES VOLLEYBALL 6:30-8:30PM</b>			
8PM							
9PM							

**FREE COMMUNITY PROGRAM**

**INSTRUCTOR PROGRAM**

**FEE BASED PROGRAM**

# THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM

	JULY 17TH MON	JULY 18TH TUE	JULY 19TH WED	JULY 20TH THU	JULY 21ST FRI	JULY 22ND SAT	JULY 23RD SUN
8AM							
9AM	<b>GENTLE HATHA YOGA 9-10AM</b>		<b>GENTLE HATHA YOGA 9-10AM</b>		<b>GENTLE HATHA YOGA 9-10AM</b>	 <b>FUN FIRCREST DAYS</b> JULY 21 & 22, 2023	
10AM							
11AM	<b>GENTLE HATHA CHAIR YOGA 10:30-11:30AM</b>		<b>GENTLE HATHA CHAIR YOGA 10:30-11:30AM</b>				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM			<b>DROP-IN PING-PONG 3-7PM</b>				
6PM							
7PM				<b>CLOSED FOR RENTAL 5:30-8:30PM</b>			
8PM							
9PM							

**FREE COMMUNITY PROGRAM**

**INSTRUCTOR PROGRAM**

**FEE BASED PROGRAM**

# THE NAMES FAMILY FOUNDATION FITNESS ROOM

	JULY 17TH MON	JULY 18TH TUE	JULY 19TH WED	JULY 20TH THU	JULY 21ST FRI	JULY 22ND SAT	JULY 23RD SUN
8AM							
9AM	<b>SNAPOLOGY CAMP 8-5PM</b>	<b>SNAPOLOGY CAMP 8-5PM</b>	<b>SNAPOLOGY CAMP 8-5PM</b>	<b>SNAPOLOGY CAMP 8-5PM</b>			
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



**BARRE/HIIT  
10:30-11:30PM**



**YIN YOGA &  
MEDITATION  
6:15-7:30PM**



**BEG. BARRE  
9:30-10:30PM**

	JULY 17TH	JULY 18TH	JULY 19TH	JULY 20TH	JULY 21ST	JULY 22ND	JULY 23RD
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM	<b>SENIOR MORNINGS</b> 9-11AM		<b>SENIOR MORNINGS</b> 9-11AM	<b>CLOSED FOR RENTAL</b> 10:15-12:15PM	<b>SENIOR MORNINGS</b> 9-11AM		
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM		<b>CHESS CLUB</b> 6-8PM					
7PM							
8PM							
9PM							

**FREE COMMUNITY PROGRAM**

**INSTRUCTOR PROGRAM**

**FEE BASED PROGRAM**

# YOUTH ROOM

	JULY 17TH MON	JULY 18TH TUE	JULY 19TH WED	JULY 20TH THU	JULY 21ST FRI	JULY 22ND SAT	JULY 23RD SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



**FREE COMMUNITY PROGRAM**

**INSTRUCTOR PROGRAM**

**FEE BASED PROGRAM**