

### THE NAMES FAMILY FOUNDATION GYMNASIUM



JULY 31ST

AUG 1ST

AUG 2ND

AUG 3RD

AUG 4TH

AUG 5TH

AUG 6TH

SUN

MON

DROP-IN\*

PICKLEBALL

8:30-11:30AM

DROP-IN\*

BASKETBALL

12-2PM

16&UNDER

**OPEN GYM** 

2-5PM

TUE

WED

THU

**DROP-IN** 

**PING-PONG** 

8:30-10:30AM

**TOT GYM** 

12:15-1:30PM

16&UNDER

**OPEN GYM** 

2-5PM

FRI

DROP-IN\*

PICKLEBALL

SAT

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** 

12:15-1:30PM

16&UNDER

**OPEN GYM** 

2-5PM

**ADULT** 

BASKETBALL

6:30-8:30PM

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

DROP-IN\* BASKETBALL 12-2PM

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

**WOMENS PICKLEBALL** LEAGUE 6-9PM

**ALL AGES VOLLEYBALL** 6:30-8:30PM 8:30-11:30AM **DROP-IN\*** 

BASKETBALL 12-2PM

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

**CLOSED FOR** RENTAL 6-8PM

FAMILY/BEG PICKLEBALL 9:30-12:00PM

> **CLOSED FOR** RENTAL 3-5PM



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# MULTI-PURPOSE ROOM



JULY 31ST
MON

8AM

GENTLE HATHA
YOGA

CHAIR YOGA
10:30-11:30AM

2PM SNAPOLOGY
CAMP
12:30-5PM

5PM 6PM

4PM

**10AM** 

**11AM** 

**12PM** 

7PM

8PM

9PM

AUG 1ST

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

NATIONAL

NIGHT OUT CHAIR YOGA 10:30-11:30AM

AUG 2ND

WED

GENTLE HATHA
YOGA

DROP-IN PING-PONG 3-7PM SNAPOLOGY CAMP 12:30-5PM

AUG 3RD

THU

SNAPOLOGY CAMP 12:30-5PM AUG 5TH SAT

YOGA 9-10AM

AUG 4TH

FRI

CLOSED FOR RENTAL 10-3PM

CLOSED FOR RENTAL 12-5PM

AUG 6TH

SUN



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9PM

## THE NAMES FAMILY FOUNDATION FITNESS ROOM



AUG 3RD AUG 4TH JULY 31ST AUG 1ST AUG 2ND AUG 5TH AUG 6TH MON TUE WED THU FRI SAT SUN 8AM **SNAPOLOGY SNAPOLOGY SNAPOLOGY SNAPOLOGY SNAPOLOGY** 9AM CAMP 9-10AM **BEG. BARRE** CAMP CAMP CAMP CAMP **10AM** 9:30-10:30PM 8-5PM 8-5PM 8-5PM 8-5PM BARRE/HIIT 10:30-11:30PM **11AM 12PM FIRCREST** DRUMLINE 1PM 12-2PM 2PM 3PM 4PM **BRIDGE FOR BEGINNERS** 5PM 4-6PM 6PM YIN YOGA & MEDITATION 7PM 8PM

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#### GATHERING SPACE



JULY 31ST AUG 3RD AUG 5TH AUG 6TH AUG 1ST AUG 2ND AUG 4TH THU MON TUE WED SUN FRI SAT 8AM 9AM **SENIOR SENIOR SENIOR 10AM MORNINGS MORNINGS MORNINGS** 9-11AM 9-11AM 9-11AM **11AM CHESS 12PM CLUB** 11-1PM 1PM **PINOCHLE** 2PM **GROUP** 12-4PM 3PM 4PM 5PM 6PM **CHESS CLUB** 7PM 6-8PM 8PM 9PM

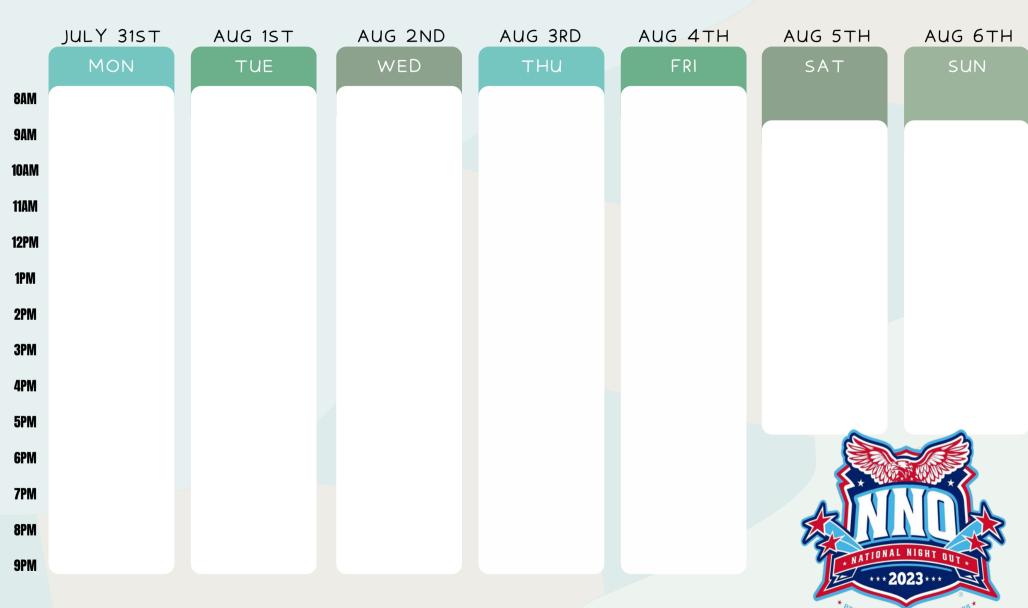
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### YOUTH ROOM





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