

THE NAMES FAMILY FOUNDATION GYMNASIUM

	AUG 14TH MON	AUG 15TH TUE	AUG 16TH WED	AUG 17TH THU	AUG 18TH FRI	AUG 18TH SAT	AUG 19TH 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	FAMILY/BEG PICKLEBALL 9:30-12:00PM	
10AM							
11AM							
12PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 12:15-1:30PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 12:15-1:30PM	DROP-IN* BASKETBALL 12-2PM		
1PM							
2PM							
3PM	16&UNDER OPEN GYM 2-5PM	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 2-4PM
4PM							
5PM							
6PM				DROP-IN VOLLEYBALL 5-7PM	CLOSED FOR RENTAL 6-8PM		
7PM		ADULT BASKETBALL 6:30-8:30PM	WOMENS PICKLEBALL LEAGUE 6-9PM				
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



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

	AUG 14TH MON	AUG 15TH TUE	AUG 16TH WED	AUG 17TH THU	AUG 18TH FRI	AUG 18TH SAT	AUG 19TH 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		GENTLE HATHA CHAIR YOGA 10:30-11:30AM				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM			DROP-IN PING-PONG 3-7PM				
6PM		CHESS CLUB 6-8PM					
7PM							
8PM				CHESS CLUB 5:30-8:30PM			
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM

	AUG 14TH MON	AUG 15TH TUE	AUG 16TH WED	AUG 17TH THU	AUG 18TH FRI	AUG 18TH SAT	AUG 19TH SUN
8AM							
9AM							
10AM							BEG. BARRE 9:30-10:30PM
11AM					BARRE/HIIT 10:30-11:30PM		
12PM							
1PM							
2PM							
3PM		CLOSED FOR RENTAL 3-5PM					
4PM			BRIDGE FOR BEGINNERS 4-6PM				
5PM							
6PM							
7PM				YIN YOGA & MEDITATION 6:15-7:30PM			
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



GATHERING SPACE

	AUG 14TH MON	AUG 15TH TUE	AUG 16TH WED	AUG 17TH THU	AUG 18TH FRI	AUG 18TH SAT	AUG 19TH SUN	
8AM								
9AM	SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM	CLOSED FOR RENTAL 3-5PM	SENIOR MORNINGS 9-11AM			
10AM								
11AM								CHESS CLUB 11-1PM
12PM			PINOCHLE GROUP 12-4PM					
1PM								
2PM								
3PM								
4PM								
5PM								
6PM								
7PM								
8PM								
9PM								

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



YOUTH ROOM

	AUG 14TH MON	AUG 15TH TUE	AUG 16TH WED	AUG 17TH THU	AUG 18TH FRI	AUG 18TH SAT	AUG 19TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

