

### THE NAMES FAMILY FOUNDATION GYMNASIUM



AUG 21ST

AUG 22ND

AUG 23RD

WFD

AUG 24TH

THU

AUG 26TH AUG 25TH

AUG 27TH

SUN

MON

SKYHAWKS BASKETBALL

**10AM** CAMP 9-12PM **11AM** 

**12PM** 1PM

8AM

9AM

2PM

**3PM** 

**4PM** 

5PM

6PM

9PM

DROP-IN\* Basketball 12:30-2PM

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

**ADULT** 7PM BASKETBALL 8PM 6:30-8:30PM

TUE

**SKYHAWKS** BASKETBALL CAMP 9-12PM

**TOT GYM** 12:15-1:30PM

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

**WOMENS** 

SKYHAWKS BASKETBALL CAMP 9-12PM

DROP-IN\* BASKETBALL 12:30-2PM

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

**PICKLEBALL** LEAGUE 6-9PM

SKYHAWKS BASKETBALL CAMP 9-12PM

**TOT GYM** 12:15-1:30PM

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

**CLOSED FOR** CONCERT PICNIC & MARKET @ FIRCREST PARK

**SKYHAWKS** BASKETBALL CAMP 9-12PM

FRI

DROP-IN\* 12:30-2PM

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

**CLOSED FOR** RENTAL 6-8PM

PICKLEBALL 9:30-12:00PM

FAMILY/BEG

SAT

CLOSED FOR RENTAL 2-4PM



FREE COMMUNITY PROGRAM

**INSTRUCTOR PROGRAM** 



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



AUG 21ST MON 8AM GENTLE HATHA
YOGA 9AM **10AM** CHAIR YOGA 11AM 10:30-11:30AM **12PM** 1PM 2PM 3PM 4PM 5PM 6PM 7PM 8PM

9PM

AUG 22ND TUE

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

> **CHESS CLUB**

6-8PM

**DROP-IN** 3-7PM

AUG 24TH

THU

**DROP-IN PING-PONG** 

8:30-10:30AM

**CLOSED FOR SETUP** 



AUG 25TH

FRI

GENTLE HATHA YOGA 9-10AM

AUG 26TH

SAT

AUG 27TH

SUN

**PING-PONG** 

AUG 23RD

WED

GENTLE HATHA
YOGA

CHAIR YOGA

10:30-11:30AM

FREE COMMUNITY PROGRAM

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# THE NAMES FAMILY FOUNDATION FITNESS ROOM



AUG 26TH AUG 27TH AUG 21ST AUG 22ND AUG 23RD AUG 24TH AUG 25TH MON TUE WED THU FRI SUN SAT 8AM 9AM BEG. BARRE 9:30-10:30PM **10AM** BARRE/HIIT 10:30-11:30PM **11AM 12PM** 1PM 2PM 3PM **CLOSED FOR** 4PM **RENTAL BRIDGE FOR** 3-5PM **BEGINNERS** 5PM 4-6PM 6PM **CLOSED FOR** CONCERT 7PM PICNIC & 8PM MARKET @ FIRCREST PARK 9PM

FREE COMMUNITY PROGRAM

**INSTRUCTOR PROGRAM** 





8PM

9PM

### GATHERING SPACE



AUG 22ND AUG 26TH AUG 27TH AUG 21ST AUG 23RD AUG 24TH AUG 25TH 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 **CLOSED FOR** 6PM **CLOSED FOR** RENTAL CONCERT 4-8PM 7PM PICNIC &

FREE COMMUNITY PROGRAM

**INSTRUCTOR PROGRAM** 

MARKET

@ FIRCREST PARK





9PM

## YOUTH ROOM



	AUG 21ST	AUG 22ND	AUG 23RD	AUG 24TH	AUG 25TH	AUG 26TH	AUG 27TH
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM				CLOSED FOR			
7PM				CONCERT PICNIC &			
8PM				MARKET			
				@ FIRCREST PARK			

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