

THE NAMES FAMILY FOUNDATION GYMNASIUM



AUG 7TH

AUG 8TH

AUG 9TH

AUG 10TH

AUG 12TH

AUG 13TH

MON

DROP-IN*

PICKLEBALL

8:30-11:30AM

DROP-IN*

BASKETBALL

12-2PM

16&UNDER

OPEN GYM

2-5PM

TUE

WED -

THU

FRI

SAT

FAMILY/BEG

PICKLEBALL

9:30-12:00PM

SUN

8AM

9AM

10AM

IOAIII

11AM

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

8:30-11:30AM

DROP-IN* BASKETBALL 12-2PM

16&UNDER OPEN GYM 2-5PM

WOMENS PICKLEBALL LEAGUE 6-9PM DROP-IN PING-PONG 8:30-10:30AM

TOT GYM 12:15-1:30PM

> 16&UNDER OPEN GYM 2-5PM

CLOSED FOR

FOR

CONCERT

PICNIC & MARKET

PICNIC & MARKET

PICNIC & MARKET

ORDER 14 (2023

AUGUST 10, 2023

AUGUST 42, 2023

COUCCETT

607-739 FM

POST FORMATS

SIGN 1029 FM

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

AUG 11TH

DROP-IN* BASKETBALL 12-2PM

16&UNDER OPEN GYM 2-5PM CLOSED FOR RENTAL 2-3:30PM

CLOSED FOR RENTAL 6-8PM



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM



AUG 13TH

SUN

12-5PM

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

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

CHESS CLUB

6-8PM

DROP-IN PING-PONG 3-7PM

AUG 9TH

WED

GENTLE HATHA
YOGA

CHAIR YOGA

10:30-11:30AM

CLOSED
TO PREPARE
FOR
THE CONCERT
PICNIC &
MARKET
IN THE PARK

AUG 10TH

THU

GENTLE HATHA
YOGA
9-10AM

SNAPOLOGY
CAMP
10-5PM

AUG 11TH

FRI

CLOSED FOR RENTAL 10-3PM

AUG 12TH

SAT

ED FOR NTAL -3PM CLOSED FOR RENTAL



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



AUG 7TH MON **SNAPOLOGY**

CAMP 8-5PM

2PM 3PM

8AM

9AM

10AM

11AM

12PM

1PM

5PM 6PM

4PM

7PM

8PM

9PM

AUG 8TH

TUE

SNAPOLOGY CAMP 8-5PM

AUG 9TH

WED

SNAPOLOGY CAMP 8-5PM

BRIDGE FOR BEGINNERS 4-6PM

AUG 10TH

THU

SNAPOLOGY CAMP 8-5PM

AUG 11TH

FRI

SNAPOLOGY CAMP 9-10AM

BARRE/HIIT 10:30-11:30PM AUG 12 TH

SAT

AUG 13TH

SUN

BEG. BARRE 9:30-10:30PM

YIN YOGA & MEDITATION



FEE BASED PROGRAM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



8PM

9PM

GATHERING



AUG 8TH AUG 7TH AUG 9TH AUG 10TH AUG 11TH AUG 12TH AUG 13TH MON TUE WED THU 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 CONCERT 7PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM





9PM

YOUTH ROOM



	AUG 7TH	AUG 8TH	AUG 9TH	AUG 10TH	AUG 11TH	AUG 12TH	AUG 13TH
	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM				CLOSED			
7PM				CONCERT PICNIC & MARKET PICNIC & MARKET			
8PM				AUGUST 10, 2023 JIMMI YUGAS HAND AUGUST 24, 2023 HOOME MU IF MAND CONCERT 600 -7:30 PM			
				ARTISTS & MAKERS 5:00 - 8:00 PM			

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

