

	SEPT 11TH MON	SEPT 12TH TUE	SEPT 13TH WED	SEPT 14TH THU	SEPT 15TH FRI	SEPT 16TH SAT	SEPT 17TH 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	BEGINNER & FAMILY PICKLEBALL 9:30-12PM	DROP-IN VOLLEYBALL 9:30-12PM
10AM							
11AM							
12PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 11-1:30PM	DROP-IN* BASKETBALL 12-2PM	TOT GYM 11-1:30PM	DROP-IN* BASKETBALL 12-2PM		
1PM							
2PM	16&UNDER OPEN GYM 2-4PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-4PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM		CLOSED FOR RENTAL 2-4PM
3PM							
4PM							
5PM	SKYHAWKS BASKETBALL 4-7PM		SKYHAWKS SOCCER 4-6PM				
6PM			WEDNESDAY WORKOUTS 6-8PM	DROP-IN VOLLEYBALL 5:30-8PM			
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM

	SEPT 11TH MON	SEPT 12TH TUE	SEPT 13TH WED	SEPT 14TH THU	SEPT 15TH FRI	SEPT 16TH SAT	SEPT 17TH 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							
6PM		CHESS CLUB 6-8PM					
7PM							
8PM							
9PM							
			DROP-IN PING-PONG 3-7PM				CLOSED FOR RENTAL 1:30-4PM



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

THE NAMES FAMILY FOUNDATION FITNESS ROOM

	SEPT 11TH MON	SEPT 12TH TUE	SEPT 13TH WED	SEPT 14TH THU	SEPT 15TH FRI	SEPT 16TH SAT	SEPT 17TH SUN
8AM							
9AM							
10AM							BEG. BARRE 9:30-10:30PM
11AM					BARRE/HIIT 10:30-11:30PM		
12PM							CLOSED FOR RENTAL 11-1PM
1PM							
2PM							
3PM							
4PM							
5PM			BRIDGE FOR BEGINNERS 4-6PM				
6PM			BARRE 6-7PM				
7PM							
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

GATHERING SPACE

	SEPT 11TH MON	SEPT 12TH TUE	SEPT 13TH WED	SEPT 14TH THU	SEPT 15TH FRI	SEPT 16TH SAT	SEPT 17TH SUN
8AM							
9AM	SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		
10AM							
11AM							
12PM							
1PM							
2PM					PINOCHLE GROUP 12-4PM		
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM

	SEPT 11TH MON	SEPT 12TH TUE	SEPT 13TH WED	SEPT 14TH THU	SEPT 15TH FRI	SEPT 16TH SAT	SEPT 17TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM