

THE NAMES FAMILY FOUNDATION GYMNASIUM

	OCT 30TH MON	OCT 31ST TUE	NOV 1ST WED	NOV 2ND THU	NOV 3RD FRI	NOV 4TH SAT	NOV 5TH 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* PICKLEBALL 8:30-11:30AM	DROP-IN* PICKLEBALL 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						CLOSED FOR RENTAL 1-4PM	
3PM	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		
4PM							
5PM	SKYHAWKS BASKETBALL 4-7PM		SKYHAWKS SOCCER 4-6PM				
6PM							
7PM	BASKETBALL LEAGUE ADLT 7-9PM	BASKETBALL LEAGUE ADLT 6-9PM	TRIPLE IMPACT NOV. CLINICS 6:30-7:45PM				
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

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

	OCT 30TH MON	OCT 31ST TUE	NOV 1ST WED	NOV 2ND THU	NOV 3RD FRI	NOV 4TH SAT	NOV 5TH SUN
8AM							
9AM	GENTLE HATHA YOGA 9-10AM		GENTLE HATHA YOGA 9-10AM	DROP-IN PING-PONG 8:30-10:30AM	GENTLE HATHA YOGA 9-10AM		
10AM							
11AM	GENTLE HATHA CHAIR YOGA 10:30-11:30AM	TOT STORY TIME 10:30-11AM	GENTLE HATHA CHAIR YOGA 10:30-11:30AM				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM		CHESS CLUB 6-8PM					
7PM							
8PM							
9PM							

**CLOSED
FOR RENTAL
1-5PM**



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

THE NAMES FAMILY FOUNDATION FITNESS ROOM

	OCT 30TH MON	OCT 31ST TUE	NOV 1ST WED	NOV 2ND THU	NOV 3RD FRI	NOV 4TH SAT	NOV 5TH SUN
8AM							
9AM							
10AM					STRETCH/STRENGTHEN 9:30-10:30AM		BEG. BARRE 9:30-10:30AM
11AM				CREATIVE MOVEMENT BALLET 10:30-11:15AM	BARRE/HIIT 10:30-11:30AM		BARRE 10:30-11:30AM
12PM							
1PM							
2PM				CREATIVE MOVEMENT BALLET 1-1:45PM			
3PM							
4PM			BRIDGE FOR BEGINNERS 3:30-5:30PM				
5PM							
6PM							
7PM			BARRE 6-7PM	YIN YOGA 6:15-7:30PM			
8PM							
9PM							



OCT 30TH

MON

OCT 31ST

TUE

NOV 1ST

WED

NOV 2ND

THU

NOV 3RD

FRI

NOV 4TH

SAT

NOV 5TH

SUN

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

**SENIOR
MORNINGS
9-11AM**

**SENIOR
MORNINGS
9-11AM**

**SENIOR
MORNINGS
9-11AM**

**PINOCHLE
GROUP
12-4PM**



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



YOUTH ROOM

OCT 30TH

OCT 31ST

NOV 1ST

NOV 2ND

NOV 3RD

NOV 4TH

NOV 5TH

MON

TUE

WED

THU

FRI

SAT

SUN

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

**SNAPOLOGY
10-11:15AM**



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM