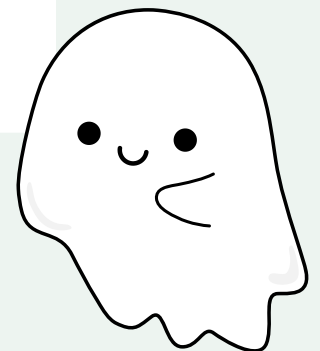


THE NAMES FAMILY FOUNDATION GYMNASIUM

	OCT 16TH MON	OCT 17TH TUE	OCT 18TH WED	OCT 19TH THU	OCT 20TH FRI	OCT 21ST SAT	OCT 22ND 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	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							
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 WED. WORKOUTS 6-8PM	DROP-IN VOLLEYBALL 5:30-8PM	GYM 1 CLOSED 7-8:30PM		
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

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

	OCT 16TH MON	OCT 17TH TUE	OCT 18TH WED	OCT 19TH THU	OCT 20TH FRI	OCT 21ST SAT	OCT 22ND 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			DROP-IN PING-PONG 3-7PM				
6PM		CHESS CLUB 6-8PM					
7PM							
8PM				CLOSED FOR RENTAL 5:30-8:30PM	CLOSED FOR RENTAL 6-9PM	CLOSED FOR RENTAL 11-4PM	SIDE A RENTAL 1-5PM
9PM							SIDE B RENTAL 1-5PM



FREE COMMUNITY PROGRAM **INSTRUCTOR PROGRAM** **FEE BASED PROGRAM**

THE NAMES FAMILY FOUNDATION FITNESS ROOM

	OCT 16TH MON	OCT 17TH TUE	OCT 18TH WED	OCT 19TH THU	OCT 20TH FRI	OCT 21ST SAT	OCT 22ND SUN
8AM							
9AM							
10AM					STRETCH/STRENGTHEN 9:30-10:30PM		BEG. BARRE 9:30-10:30PM
11AM				CREATIVE MOVEMENT BALLET 10:30-11:15PM	BARRE/HIIT 10:30-11:30PM		
12PM							
1PM							
2PM				CREATIVE MOVEMENT BALLET 1-1:45PM			
3PM							
4PM							
5PM							
6PM			BRIDGE FOR BEGINNERS 4-6PM				
7PM			BARRE 6-7PM	YIN YOGA 6:15-7:30PM			
8PM							
9PM							



FREE COMMUNITY PROGRAM **INSTRUCTOR PROGRAM** **FEE BASED PROGRAM**

OCT 16TH

MON

OCT 17TH

TUE

OCT 18TH

WED

OCT 19TH

THU

OCT 20TH

FRI

OCT 21ST

SAT

OCT 22ND

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 16TH MON	OCT 17TH TUE	OCT 18TH WED	OCT 19TH THU	OCT 20TH FRI	OCT 21ST SAT	OCT 22ND SUN
8AM							
9AM							
10AM						SNAPOLOGY 10-11:15AM	
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM