


THE NAMES FAMILY FOUNDATION GYMNASIUM

| | JAN 1ST MON | JAN 2ND TUE | JAN 3RD WED | JAN 4TH THU | JAN 5TH FRI | JAN 6TH SAT | JAN 7TH SUN |
|------|---|---|---|---|---|---|--|
| 8AM |  <p>CLOSED FOR NEW YEARS!</p> <p>2024</p> | | | | | | |
| 9AM | | 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 | | DROP-IN* VOLLEYBALL 9:30-12PM |
| 10AM | | | | | | | |
| 11AM | | | | | | | |
| 12PM | | TOT GYM 11-1:30PM | | TOT GYM 11-1:30PM | | | |
| 1PM | | | DROP-IN* BASKETBALL 12-2PM | | DROP-IN* BASKETBALL 12-2PM | | |
| 2PM | | 16&UNDER OPEN GYM 2-4PM | 16&UNDER OPEN GYM 2-4PM | 16&UNDER OPEN GYM 2-4PM | 16&UNDER OPEN GYM 2-5PM | YOUTH BASKETBALL GAMES 8:30-6:30PM | |
| 3PM | | | | | | | |
| 4PM | | | | | | | |
| 5PM | | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 5-9PM | | |
| 6PM | | | | | | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |




FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM

| | JAN 1ST MON | JAN 2ND TUE | JAN 3RD WED | JAN 4TH THU | JAN 5TH FRI | JAN 6TH SAT | JAN 7TH SUN |
|------|--|----------------|--|---|------------------------|---|----------------|
| 8AM |  <p>CLOSED FOR NEW YEARS!</p> | | GENTLE HATHA YOGA 9-10AM | | YOGA 9-10AM | | |
| 9AM | | | | | | | |
| 10AM | | | GENTLE HATHA CHAIR YOGA 10:30-11:30AM | | | | |
| 11AM | | | | | | | |
| 12PM | | | | CLOSED FOR RENTAL 11-2PM | | BASKETBALL TEAM PICTURES 8-2PM | |
| 1PM | | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | DROP-IN PING PONG 3-7PM | | | CLOSED FOR RENTAL 2-6PM | |
| 4PM | | | | | | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |





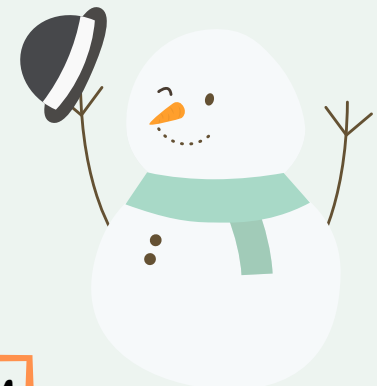
FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

THE NAMES FAMILY FOUNDATION FITNESS ROOM

| | JAN 1ST MON | JAN 2ND TUE | JAN 3RD WED | JAN 4TH THU | JAN 5TH FRI | JAN 6TH SAT | JAN 7TH SUN |
|------|---|----------------|---|------------------------------|-------------------------------------|----------------|----------------|
| 8AM |  CLOSED FOR NEW YEARS!  | | | | | | |
| 9AM | | | | | | | |
| 10AM | | | | | | | |
| 11AM | | | | | BARRE/HIIT 10:30-11:30AM | | |
| 12PM | | | | | | | |
| 1PM | | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | | | | | |
| 4PM | | | BRIDGE FOR BEGINNERS 3:30-5:30PM | | | | |
| 5PM | | | | | | | |
| 6PM | | | BARRE 6-7PM | YIN YOGA 6-7:30PM | | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |




FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

GATHERING SPACE

| | JAN 1ST MON | JAN 2ND TUE | JAN 3RD WED | JAN 4TH THU | JAN 5TH FRI | JAN 6TH SAT | JAN 7TH SUN |
|------|--|----------------|---------------------------------------|----------------|---------------------------------------|----------------|----------------|
| 8AM |  <p>CLOSED FOR NEW YEARS!</p> | | | | | | |
| 9AM | | | | | | | |
| 10AM | | | SENIOR MORNINGS 9-11AM | | SENIOR MORNINGS 9-11AM | | |
| 11AM | | | | | | | |
| 12PM | | | | | | | |
| 1PM | | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | | | | | |
| 4PM | | | | | | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM



JAN 1ST
MON

JAN 2ND
TUE

JAN 3RD
WED

JAN 4TH
THU

JAN 5TH
FRI

JAN 6TH
SAT

JAN 7TH
SUN

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM



**CLOSED
FOR
NEW YEARS!**

2024



FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

