

| | JAN 29TH MON | JAN 30TH TUE | JAN 31ST WED | FEB 1ST THU | FEB 2ND FRI | FEB 3RD SAT | FEB 4TH 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 | | 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 2-4PM | 16&UNDER OPEN GYM 2-4PM | 16&UNDER OPEN GYM 2-4PM | 16&UNDER OPEN GYM 2-5PM | YOUTH BASKETBALL GAMES 8-6PM | CLOSED FOR RENTAL 2-3PM |
| 3PM | | | | | | | |
| 4PM | | | | | | | |
| 5PM | | | | | | | |
| 6PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 4:30-8:30PM | YOUTH BASKETBALL 5-9PM | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM

| | JAN 29TH MON | JAN 30TH TUE | JAN 31ST WED | FEB 1ST THU | FEB 2ND FRI | FEB 3RD SAT | FEB 4TH SUN |
|------|--|--------------------------------------|--|--|------------------------|--|--|
| 8AM | | | | | | | |
| 9AM | GENTLE HATHA YOGA 9-10AM | | GENTLE HATHA YOGA 9-10AM | | 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 | CLOSED FOR RENTAL 11-3PM | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | | | | CLOSED FOR RENTAL 1-5PM | CLOSED FOR RENTAL 2-4PM |
| 4PM | | | DROP-IN PING PONG 3-7PM | | | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | | | CLOSED FOR RENTAL 5-9PM | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

THE NAMES FAMILY FOUNDATION FITNESS ROOM

| | JAN 29TH MON | JAN 30TH TUE | JAN 31ST WED | FEB 1ST THU | FEB 2ND FRI | FEB 3RD SAT | FEB 4TH SUN |
|------|-----------------|-----------------|---|---------------------------------|-------------------------------------|----------------|------------------------------------|
| 8AM | | | | | | | |
| 9AM | | | | | | | |
| 10AM | | | | | | | |
| 11AM | | | | BALLET 10:30-11:15AM | BARRE/HIIT 10:30-11:30AM | | BARRE/HIIT 9:30-11:30AM |
| 12PM | | | | | | | |
| 1PM | | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | | | | | |
| 4PM | | | BRIDGE FOR BEGINNERS 3:30-5:30PM | | | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | | BARRE 6-7PM | YIN YOGA 6-7:30PM | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

| | JAN 29TH MON | JAN 30TH TUE | JAN 31ST WED | FEB 1ST THU | FEB 2ND FRI | FEB 3RD SAT | FEB 4TH SUN |
|------|---------------------------------------|-----------------|---------------------------------------|----------------|---------------------------------------|----------------|----------------|
| 8AM | | | | | | | |
| 9AM | SENIOR MORNINGS 9-11AM | | SENIOR MORNINGS 9-11AM | | SENIOR MORNINGS 9-11AM | | |
| 10AM | | | | | | | |
| 11AM | | | | | | | |
| 12PM | | | | | | | |
| 1PM | | | | | | | |
| 2PM | | | | | | | |
| 3PM | | | | | | | |
| 4PM | | | | | | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | | | | | | |
| 8PM | | | | | | | |
| 9PM | | | | | | | |

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM



JAN 29TH

MON

JAN 30TH

TUE

JAN 31ST

WED

FEB 1ST

THU

FEB 2ND

FRI

FEB 3RD

SAT

FEB 4TH

SUN

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

