

	AUG 18TH MON	AUG 19TH TUE	AUG 20TH WED	AUG 21ST THU	AUG 22ND FRI	AUG 23RD SAT	AUG 24TH 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		
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		CLOSED FOR RENTAL 10-12PM
1PM							HALF OPEN
2PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM W/ VOLLEYBALL 2-5PM	16&UNDER OPEN GYM 2-5PM		FAMILY & BEGINNER PICKLEBALL 1:30-4:30PM
3PM							
4PM							
5PM							
6PM							
7PM		CLOSED FOR RENTAL 6:30-8:30PM		DROP-IN* VOLLEYBALL 6:00-8:30PM			
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM



	AUG 18TH MON	AUG 19TH TUE	AUG 20TH WED	AUG 21ST THU	AUG 22ND FRI	AUG 23RD SAT	AUG 24TH SUN
8AM							
9AM	GENTLE YOGA 9-10AM		GENTLE YOGA 9-10AM	YOGA FUSION 9-10AM	GENTLE YOGA 9-10AM		
10AM							
11AM	CHAIR YOGA 10:30-11:30AM		CHAIR YOGA 10:30-11:30AM				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

**CLOSED FOR
RENTAL
11-3PM**

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



	AUG 18TH MON	AUG 19TH TUE	AUG 20TH WED	AUG 21ST THU	AUG 22ND FRI	AUG 23RD SAT	AUG 24TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

BARRE
10:30-11:30AM

BRIDGE
3:30-5:30PM

BARRE
6-7PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

GATHERING SPACE

	AUG 18TH MON	AUG 19TH TUE	AUG 20TH WED	AUG 21ST THU	AUG 22ND FRI	AUG 23RD SAT	AUG 24TH SUN
8AM							
9AM	SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM		DROP-IN KNITTING 5-7PM					
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



YOUTH ROOM



	AUG 18TH MON	AUG 19TH TUE	AUG 20TH WED	AUG 21ST THU	AUG 22ND FRI	AUG 23RD SAT	AUG 24TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM