

	SEPT 1ST MON	SEPT 2ND TUE	SEPT 3RD WED	SEPT 4TH THU	SEPT 5TH FRI	SEPT 6TH SAT	SEPT 7TH SUN
8AM	CLOSED FOR LABOR DAY						
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		
10AM							
11AM							
12PM		TOT GYM 11-1:30PM					
1PM			DROP-IN* BASKETBALL 12-2PM	TOT GYM 11-1:30PM	DROP-IN* BASKETBALL 12-2PM		
2PM		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	CLOSED FOR RENTAL 2-4PM	FAMILY & BEGINNER PICKLEBALL 1:30-4:30PM
3PM							
4PM							
5PM							
6PM		DROP-IN* PICKLEBALL 6-8:30PM		DROP-IN* VOLLEYBALL 6-8:30PM			
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM



	SEPT 1ST MON	SEPT 2ND TUE	SEPT 3RD WED	SEPT 4TH THU	SEPT 5TH FRI	SEPT 6TH SAT	SEPT 7TH SUN
8AM	CLOSED FOR LABOR DAY ★ DAY ★						
9AM			GENTLE YOGA 9-10AM	YOGA FUSION 9-10AM	GENTLE YOGA 9-10AM	CLOSED FOR RENTAL 9:30-11:30AM	
10AM							
11AM			CHAIR YOGA 10:30-11:30AM				
12PM							
1PM							CLOSED FOR RENTAL 12-3PM
2PM							
3PM							
4PM			DROP IN PING PONG 3-7PM				
5PM							
6PM					CLOSED FOR RENTAL 4-9PM		
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



	SEPT 1ST MON	SEPT 2ND TUE	SEPT 3RD WED	SEPT 4TH THU	SEPT 5TH FRI	SEPT 6TH SAT	SEPT 7TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM	CLOSED FOR LABOR ★ DAY ★						
2PM							
3PM							
4PM							
5PM			BRIDGE 3:30-5:30PM				
6PM			BARRE 6-7PM				
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

GATHERING SPACE

	SEPT 1ST MON	SEPT 2ND TUE	SEPT 3RD WED	SEPT 4TH THU	SEPT 5TH FRI	SEPT 6TH SAT	SEPT 7TH SUN
8AM							
9AM							
10AM			SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		
11AM							
12PM							
1PM	CLOSED FOR LABOR ★ DAY ★						
2PM							
3PM							
4PM							
5PM							
6PM		DROP-IN KNITTING 5-7PM					
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM

	SEPT 1ST MON	SEPT 2ND TUE	SEPT 3RD WED	SEPT 4TH THU	SEPT 5TH FRI	SEPT 6TH SAT	SEPT 7TH SUN
8AM	CLOSED FOR LABOR DAY ★ DAY ★						
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM