

# THE NAMES FAMILY FOUNDATION GYMNASIUM

	MAY 11TH MON	MAY 12TH TUE	MAY 13TH WED	MAY 14TH THU	MAY 15TH FRI	MAY 16TH SAT	MAY 17TH SUN
8AM							
9AM	<b>DROP-IN*</b>	<b>DROP-IN</b>	<b>DROP-IN*</b>	<b>DROP-IN</b>	<b>DROP-IN*</b>		
10AM	<b>PICKLEBALL</b>	<b>PING-PONG</b>	<b>PICKLEBALL</b>	<b>PING-PONG</b>	<b>PICKLEBALL</b>		
11AM	<b>8:30-11:30AM</b>	<b>8:30-10:30AM</b>	<b>8:30-11:30AM</b>	<b>8:30-10:30AM</b>	<b>8:30-11:30AM</b>		
12PM	<b>ADULT DROP-IN*</b>	<b>TOT GYM</b>	<b>ADULT DROP-IN*</b>	<b>TOT GYM</b>	<b>ADULT DROP-IN*</b>		
1PM	<b>BASKETBALL</b>	<b>11-1:30PM</b>	<b>BASKETBALL</b>	<b>11-1:30PM</b>	<b>BASKETBALL</b>		
2PM	<b>12-2PM</b>	<b>16 &amp; UNDER</b>	<b>12-2PM</b>	<b>16 &amp; UNDER</b>	<b>12-2PM</b>		
3PM	<b>OPEN GYM</b>	<b>2-4:30PM</b>	<b>2-4:30PM</b>	<b>2-4PM</b>	<b>2-4:30PM</b>	<b>VOLLEYBALL</b>	<b>FAMILY &amp;</b>
4PM	<b>2-4PM</b>	<b>2-4:30PM</b>	<b>2-4:30PM</b>	<b>2-4PM</b>	<b>2-4:30PM</b>	<b>SKILLS &amp;</b>	<b>BEGINNER</b>
5PM	<b>SKYHAWKS</b>			<b>VOLLEYBALL</b>		<b>DRILLS 2-4PM</b>	<b>PICKLEBALL</b>
6PM	<b>BASKETBALL</b>	<b>DROP-IN*</b>		<b>4:15-5:45PM</b>			<b>1:30-4:30PM</b>
7PM	<b>4-7PM</b>	<b>PICKLEBALL</b>	<b>CLOSED FOR</b>	<b>DROP-IN</b>			
8PM		<b>5:30-8:30PM</b>	<b>RENTAL 6-8PM</b>	<b>VOLLEYBALL</b>			
9PM				<b>6-8PM</b>			



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



	MAY 11TH MON	MAY 12TH TUE	MAY 13TH WED	MAY 14TH THU	MAY 15TH FRI	MAY 16TH SAT	MAY 17TH SUN
8AM							
9AM	<b>GENTLE YOGA 9-10AM</b>		<b>GENTLE YOGA 9-10AM</b>	<b>YOGA FUSION 9-10AM</b>	<b>GENTLE YOGA 9-10AM</b>	<b>CLOSED FOR RENTAL 9-5PM</b>	
10AM							
11AM	<b>CHAIR YOGA 10:30-11:30AM</b>	<b>TOT STORY TIME 10:30-11:00AM</b>	<b>CHAIR YOGA 10:30-11:30AM</b>				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

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# THE NAMES FAMILY FOUNDATION FITNESS ROOM



	MAY 11TH MON	MAY 12TH TUE	MAY 13TH WED	MAY 14TH THU	MAY 15TH FRI	MAY 16TH SAT	MAY 17TH SUN
8AM							
9AM				<b>BALLET</b>			
10AM			<b>COMMIT DANCE FITNESS 10-11AM</b>	<b>CREATIVE MOVEMENT 10-10:45AM</b>	<b>BARRE 10:30-11:30AM</b>		
11AM				<b>BEGINNING 10:45-11:30AM</b>			
12PM							
1PM		<b>BEGINNING 12:30-1:15PM BALLET</b>					
2PM							
3PM							
4PM							
5PM	<b>BEGINNING BALLET 5-6PM</b>		<b>BRIDGE 3:30-5:30PM</b>				
6PM		<b>YOGA FLOW &amp; RESTORE 5:30-6:30PM</b>	<b>BARRE 6-7PM</b>				
7PM				<b>COMMIT DANCE FITNESS 6:30-7:30PM</b>			
8PM							
9PM							

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# GATHERING SPACE

	MAY 11TH MON	MAY 12TH TUE	MAY 13TH WED	MAY 14TH THU	MAY 15TH FRI	MAY 16TH SAT	MAY 17TH SUN
8AM							
9AM	<b>SENIOR MORNINGS 9-11AM</b>		<b>SENIOR MORNINGS 9-11AM</b>		<b>SENIOR MORNINGS 9-11AM</b>		
10AM							
11AM							
12PM							
1PM							
2PM					<b>PINOCHLE 12-4PM</b>		
3PM						<b>CLOSED FOR RENTAL 2-5PM</b>	
4PM							
5PM							
6PM		<b>KNITTERS GROUP 5-8PM</b>					
7PM							
8PM							
9PM							

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# YOUTH ROOM

	MAY 11TH MON	MAY 12TH TUE	MAY 13TH WED	MAY 14TH THU	MAY 15TH FRI	MAY 16TH SAT	MAY 17TH SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM	<b>WRK! VIDEO GAME CLUB 3-6PM</b>		<b>WRK! VIDEO GAME CLUB 3-6PM</b>				
5PM							
6PM							
7PM							
8PM							
9PM							

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**INSTRUCTOR PROGRAM**

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