November 2026

GYMNASIUM SCHEDULE

Please note our gymnasium schedule is subject to change.

Monday

- Open Gym 6-7:30 (1/2)
- Pickleball 6-7:30 (1/2)
- Group Circuit Training 8:00 AM-9:15 AM
- Open Gym 9:15 AM-10:00 AM
- AOA Low Impact 10 AM-11 AM
- Child Care 10-11
- Open Gym 11 -12
- Open Gym 12-1
- Pickleball 12-1
- Open Gym 1-3
- Open Gym 3-4
- Child Care 3-4
- Open Gym 4 PM-5:45 PM
- Tone 5:45 PM-6:30 PM
- Open Gym 5:45 pm-6:30 PM
- Rental 6:30 PM - 9:00 PM

Tuesday

- Open Gym 6-7:30 (1/2)
- Pickleball 6-7:30 (1/2)
- Cycle 8:00 AM-9:00 AM
- Strength and Conditioning 9:15 AM-10:00 AM
- Pickleball 10:00-12:00
- Open Gym 10-11
- Child Care 11-12
- Open Gym 12-3
- Open Gym 3-4:30PM
- Child Care 3-4 PM
- Shooting Stars 4:30 PM-6:30 PM
- Open Gym 4 PM- 6:30 PM
- Rental 6:30 PM - 9:00 PM

Wednesday

- Open Gym 6-7:30 (1/2)
- Pickleball 6-7:30 (1/2)
- Group Circuit Training 8:00 AM-9:15 AM
- Open Gym 9:15 AM-10:00 AM
- AOA Low Impact 10 AM-11 AM
- Child Care 10-11
- Open Gym 11 AM-3:00PM
- Open Gym 3-7
- Child Care 3-4 PM
- Shooting Stars 4:30 PM-7:00 PM
- Open Gym 7:00 PM - 9:00 PM

Thursday

- Open Gym 6-7:30 (1/2)
- Pickleball 6-7:30 (1/2)
- Cycle 8:00 AM-9:00 AM
- Open Gym 9:00 AM-10:00 AM
- Pickleball 10:00-12:00
- Open Gym 10-11
- Child Care 11-12
- Open Gym 12-3
- Open Gym 3-4
- Child Care 3-4 PM
- Open Gym 4 PM-6:30 PM
- Rental 6:30 PM - 9:00 PM

Friday

- Open Gym 6-7:30 (1/2)
- Pickleball 6-7:30 (1/2)
- Cycle 8:00 AM-9:00 AM
- Strength and Conditioning 9:15 AM-10:00 AM
- AOA Low Impact 10 AM-11 AM
- Child Care 10-11
- Open Gym 11 -12
- Open Gym 12-1
- Pickleball 12-1
- Open Gym 1-3
- Open Gym 3-4
- Child Care 3-4 PM
- Open Gym 4-6:30

Saturday

- Open Gym 7:00 AM-9:00 AM
- Open Gym 9:00 AM-11:30 AM
- Pickleball 9:45-11:30
- Open Gym 11:30-1:45

- Open Gym
- Pickleball
- Group Ex
- Childcare
- SSSOD
- Rental