

SPRING 2025 GYMNASIUM SCHEDULE

Effective May 1, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Open <i>5-7am</i>	Open <i>5-7am</i>	Open <i>5-7am</i>	Open <i>5-7am</i>	Open <i>5-7am</i>			
6:00am								
7:00am	OST <i>7-8am</i>	OST <i>7-8am</i>	OST <i>7-8am</i>	OST <i>7-8am</i>	OST <i>7-8am</i>			Open <i>7am-12pm</i>
8:00am	Group Exercise <i>8-11:30am</i>	Group Exercise <i>8am-10:30am</i>	Group Exercise <i>8-11am</i>	Group Exercise <i>8-11:30am</i>	Group Exercise <i>8-11:30am</i>			
8:30am								
9:00am								
10:00am		Basketball <i>10:30am-12:30pm</i>	Basketball <i>11am-2pm</i>	Basketball <i>11:30am-12:30pm</i>	Basketball <i>11:30am-1pm</i>			
10:30am								
11:00am	Basketball <i>11:30am-1pm</i>	Pickleball <i>12:30-3pm</i>	Pickleball <i>12:30-3pm</i>	Pickleball <i>1-3pm</i>	Pickleball <i>12-3pm</i>	Open <i>11am-1pm</i>		
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm	Pickleball <i>1-3pm</i>	OST <i>2-5pm</i>	OST <i>3-5pm</i>	OST <i>3-5pm</i>				
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm	Basketball <i>5-7:30pm</i>	Basketball <i>5:30-7:30pm</i>	Teens <i>5-6pm</i>	Teens <i>5-6pm</i>	Pickleball <i>5-7:30pm</i>			
5:00pm								
5:30pm								
6:00pm								
7:00pm								
7:30pm	Cleaning <i>7:30-8pm</i>	Cleaning <i>7:30-8pm</i>	Cleaning <i>7:30-8pm</i>	Cleaning <i>7:30-8pm</i>	Cleaning <i>7:30-8pm</i>			
8:00pm								

Program Name	Description
Pickleball	Drop-in on a game or meet others for a regular, weekly game.
Basketball	All ages can work on their basketball skills or have an impromptu game. Basketballs available.
Marcy Street	Scheduled time for Marcy Street
Group Exercise	Scheduled group fitness classes. Please see Group Exercise schedule for more information.
OST	Scheduled time for our Out of School Time program.
Teen Leaders	Scheduled time for our Teen Leaders program.
Programs	Reserved for special programs.
Cleaning	Gym floor swept and/or mopped – staff must have access to entire gym floor.
Open	Space is available for members to walk, play basketball, etc.
Baller Jam 99	Members only supervised basketball skills and practice for all ages!