



JANUARY—APRIL 2023

FAR SIDE (STAGE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym ALL DAY	Open Gym 5:00am-9:00am	Open Gym 5:00am-5:30pm	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym 6:00am-10:00am
	SILVER SNEAKERS 9:00am-10:00am		SILVER SNEAKERS 9:00am-10:00am		SILVER SNEAKERS 9:00am-10:00am	BITTY SPORTS 8:30am-9:30am
	Open Gym 10:00am-6:30pm		Open Gym 10:00am-6:30pm	Open Gym 9:00am-9:00pm	Open Gym 10:00am-12:30pm	Open Gym 10:30am-5:00pm
	Y-Club 2:30pm-6:00pm	Y-Club 2:30pm-6:00pm	Y-Club 2:30pm-6:00pm	Y-Club 2:30pm-6:00pm	HOMESCHOOL / YClub 12:30pm-6:00pm	
	Basketball League 6:30pm-9:00pm		Basketball League 6:30pm-9:00pm		Open Gym 1:30pm-9:00pm	

NEAR SIDE (DOORS)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym ALL DAY	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym 5:00am-9:00am	Open Gym ALL DAY
	Pickleball 9:00am-11:00am	Pickleball 9:00am-11:00am	Pickleball 9:00am-11:00am	Pickleball 9:00am-11:00am	Pickleball 9:00am-11:00am	
	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	Open Gym 6:00pm-9:00pm	

**SCHEUDLE SUBJECT TO CHANGE WITH LITTLE TO NO NOTICE. FOR QUESTIONS,
PLEASE SEE THE WELCOME CENTER FOR MORE INFORMATION**



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AGE REQUIREMENTS:

- **Ages 11 and under**
A parent or guardian, 18 years or older, must be present with children in the gymnasium.
- **Ages 12 and up**
May use the gym without a parent present.

GYMNASIUM REQUIREMENTS:

- All members and guests using the wellness area must be dressed in appropriately clothing including close-toed shoes. No sandals or bare feet are permitted in the gym area.
- All group exercise participants are required to register at the Welcome Center for any classes they are participating in each session.
- Please be considerate of other members when using the walking track. Headphones are required when listening to music.
- All food and drink, except water, must remain in the lobby/Welcome Center area.
- The gym will remain **OPEN** during programs like Live Y'ers, Homeschool and Bitty Sports but may be more crowded than usual.

Schedule subject to change with little to no notice. For questions, please see the Welcome Center for more information.