

Fitness and Recreation Center May 2018 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM – 7:30 AM	5:00 AM – 12:00 PM	5:00 AM – 12:00 PM	5:00 AM – 12:00 PM	5:00 AM – 12:00 PM	7:00 AM – 4:00 PM	1:00 – 3:00 PM
Spartan Fitness	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Member Only Teens/Tweens Open Gym
7:30 AM – 12:00 PM						
Open Gym						
12:00 – 1:30 PM	12:00 – 1:30 PM	12:00 – 1:30 PM	12:00 – 1:30 PM	12:00 – 1:30 PM		3:00 – 5:00 PM
Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym		Member Only Adult Open Gym
1:30 – 3:30 PM	1:30 – 3:30 PM	1:30 – 3:30 PM	1:30 – 3:30 PM	1:30 – 3:30 PM		
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
3:30 – 5:15 PM	3:30 – 5:30 PM	3:30 – 5:15 PM	3:30 – 5:30 PM	3:30 – 5:30 PM		
Teens/Tweens Open Gym	Teens/Tweens Open Gym	Teens/Tweens Open Gym	Teens/Tweens Open Gym	Teens/Tweens Open Gym		
5:15 – 6:30 PM	5:30 – 9:00 PM	5:15 – 6:30 PM	6:00 – 7:00 PM	5:30 – 9:00 PM		
Accelerate	Open Gym	Accelerate	Spartan Fitness	Open Gym		
6:30 – 9:00 PM		6:30 – 9:00 PM	7:15- 9:00 PM			
Member Only Adult Open Gym		Member Only Adult Open Gym	Open Gym			

*Adult Open Gym participants must be 18 years of age or older.
 *Teens/Tweens Open Gym participants must be 7 to 12 years old & 13 to 17 years old.
 *Member Only Open Gym must be a member in good standing to participate.