

DAILY ACTIVITIES

<u>Day and Time</u>	<u>Activity</u>	<u>Age</u>	<u>Room</u>
MONDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 2:00 PM	Walking	All	Gymnasium
10:00 AM – 12:00 PM	Pickle Ball	All	Gymnasium
12:00 PM – 2:00 PM	30 + Open Gym	Over 30	Gymnasium
2:00 PM – 6:00 PM	Open Gym	All	Gymnasium
5:30 PM – 6:30 PM	Youth Judo		Celebration Hall
6:30 PM – 7:30 PM	Adult Judo		Celebration Hall
TUESDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 2:00 PM	Walking	All	Gymnasium
10:00 AM – 12:00 PM	Pickle Ball	All	Gymnasium
12:00 PM – 2:00 PM	30 + Open Gym	Over 30	Gymnasium
2:00 PM – 7:00 PM	Open Gym	All	Gymnasium
5:45 PM – 6:45 PM	Yoga		Celebration Hall
WEDNESDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 2:00 PM	Walking	All	Gymnasium
10:00 AM – 12:00 PM	Pickle Ball	All	Gymnasium
12:00 PM – 2:00 PM	30 + Open Gym	Over 30	Gymnasium
2:00 PM – 6:00 PM	Open Gym	All	Gymnasium
5:30 PM – 6:30 PM	Youth Judo		Celebration Hall
6:30 PM – 7:30 PM	Adult Judo		Celebration Hall
THURSDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 2:00 PM	Walking	All	Gymnasium
10:00 AM – 12:00 PM	Pickle Ball	All	Gymnasium
12:00 PM – 2:00 PM	30 + Open Gym	Over 30	Gymnasium
2:00 PM – 7:00 PM	Open Gym	All	Gymnasium
3:00 PM – 7:00 PM	Rock Solid	Youth	Various
5:45 PM – 6:45 PM	Yoga		Celebration Hall
FRIDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 2:00 PM	Walking	All	Gymnasium
10:00 AM – 12:00 PM	Pickle Ball	All	Gymnasium
12:00 PM – 2:00 PM	30 + Open Gym	Over 30	Gymnasium
2:00 PM – 7:00 PM	Open Gym	All	Gymnasium
SATURDAY			
ALL DAY	Fitness Equipment	Over 18	Fitness Center
ALL DAY	Computer Lab	All	Computer Lab
8:00 AM – 12:00 PM	Walking	All	Gymnasium
12:00 PM – 5:00 PM	Open Gym	All	Gymnasium