



GYM SCHEDULE – MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	PICKLEBALL 6:30-9:30 AM (3 courts)	PICKLEBALL 6:30-8:30 AM (3 courts)	TRX Circuit 5:15-6:00 AM	PICKLEBALL 6:30-8:30 AM (3 courts)	PICKLEBALL 6:30-9:30 AM (3 courts)	OPEN GYM 7:00AM-8:30 PM	
	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)				CORE & RESTORE 9:15-9:45 AM
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM	OPEN GYM (1/2 GYM) 9:30-11:00 AM	OPEN GYM (1/2 GYM) 8:30-8:55 AM	OPEN GYM (1/2 GYM) 9:45-10:10 AM	TRX CIRCUIT 9:00-9:45 AM	PICKLEBALL 9:30-10:00 AM (1 court)	Jr Cavs Basketball League 8:30-2:00 PM	
		TRX CIRCUIT 9:00-9:45 AM	BOOM MUSCLE® 10:15-10:45 AM				
OPEN GYM 10:00-5:45 PM *1/2 Gym may be used for Birthday parties from 11:00-5:00 pm. App will reflect any schedule changes.	BOOM MUSCLE® 10:15-10:45 AM	BOOM MOVE 10:00-10:30 AM (No Class 3/25)	OPEN GYM (1/2 GYM) 11:00-12:45 AM	BOOM MOVE 10:00-10:30 AM (No Class 3/27)	SILVERSNEAKERS CIRCUIT 10:00-10:45 AM	OPEN GYM 2:00-7:45 PM *1/2 Gym may be used for Birthday parties from 2:00-5:00 pm. *Second Saturday of the month Open Gym will be restricted to 1/2 Gym from 4:30-7:30 pm due to Kids Night Out. App will reflect any schedule changes.	
	OPEN GYM 11:00-1:30 PM	SILVERSNEAKERS CIRCUIT 10:45-11:30 AM	SILVERSNEAKERS CLASSIC 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT 10:45-11:30 AM	SILVERSNEAKERS STABILITY 11:00-11:30 AM		
	PICKLEBALL 1:30-3:00 PM	CORE & RESTORE 11:45-12:30 PM	LINE DANCING 12:00-12:45 PM	OPEN GYM 12:45-1:30 PM	CORE & RESTORE 11:45-12:30 PM		OPEN GYM (1/2 GYM) 11:00 AM-12:00 PM
	OPEN GYM 3:00-4:30 PM	OPEN GYM 12:30-1:30 PM	OPEN GYM 12:45-1:30 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:30-3:00 PM	OPEN GYM 12:30-1:30 PM		OPEN GYM 12:00-1:30 PM
	TRX CIRCUIT (1/2 GYM) 4:30-5:15 PM	PICKLEBALL 1:30-3:00 PM	OPEN GYM 3:00-5:30 PM	OPEN GYM 3:00-5:30 PM	PICKLEBALL 1:30-3:00 PM		OPEN GYM 3:00-4:45 PM
	OPEN GYM (1/2 GYM) 4:30-8:00 PM	PRE-SCHOOL BASKETBALL (1/2 GYM) 5:30-6:15 PM	Jr Cavs Basketball Practices (1/2 GYM) 5:30-8:30 PM	Jr Cavs Basketball Practices (1/2 GYM) 5:30-8:30 PM	OPEN GYM 3:00-4:45 PM		Youth Soccer (1/2 gym) 5:00-5:45 PM
	19+ ADULT/FAMILY OPEN GYM* (1/2 GYM) 8:00-8:30 PM	Jr Cavs Basketball Practices (1/2 GYM) 5:30-7:30 PM	Volleyball League (Competitive) (1/2 GYM) 5:00-9:30 PM	Volleyball League (Competitive) (1/2 GYM) 5:00-9:30 PM	OPEN GYM 6:00-8:00 PM		19+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 PM *First Friday of the month Open Gym will be restricted to 1/2 Gym from 6:00-9:00 pm due to Parents Night Out.
	Jr Cavs Basketball Practices (1/2 GYM) 5:30-8:30 PM	PICKLEBALL* 8:00-9:45 PM (3 Courts)					
	19+ ADULT/FAMILY OPEN GYM* 8:30-9:45 PM						

* Denotes that members must be 19+ to utilize space. Any member under the age of 19 must be accompanied by their legal guardian. Half Gym may be closed due to class size.