

# GYMNASIUM

DECEMBER 2023

## MONDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-5:30pm OPEN GYM  
5:30pm-9:00pm YOUTH BASKETBALL

## TUESDAY

5:00am-10:30am OPEN GYM  
10:30am-12:30pm ½ Court HSPE  
½ Court OPEN GYM  
1:00pm-3:00pm PICKLEBALL (Beginner)  
3:00pm-5:30pm OPEN GYM  
5:30pm-9:00pm YOUTH BASKETBALL

## WEDNESDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-6:00pm OPEN GYM  
6:00pm-9:00pm ADULT 18+ PICK UP BBALL

## THURSDAY

5:00am-10:30am OPEN GYM  
10:30am-12:30pm ½ Court HSPE  
½ Court OPEN GYM  
1:00pm-3:00pm PICKLEBALL (Beginner)  
3:00pm-5:15pm OPEN GYM  
5:15pm-9:00pm RESERVED FOR BROOKS REHAB

## FRIDAY

5:00am-1:00pm OPEN GYM  
1:00pm-3:00pm PICKLEBALL  
3:00pm-6:00pm OPEN GYM  
6:00pm-9:00pm ADULT 18+ PICK UP BBALL

## SATURDAY

7:00am-10:30am OPEN GYM  
10:30am-12:30pm BROOKS ADAPTIVE  
12:30pm-5:00pm OPEN GYM

## SUNDAY

7:00am-9:00am OPEN GYM  
9:00am-12:00pm Adult 18+ PICK UP BBALL  
12:00pm-5:00pm OPEN GYM

**Gymnasium RESERVED 9:00am-11:00am  
1<sup>st</sup> and 3<sup>rd</sup> Friday of the month  
for WOUNDED WARRIOR EVENT**

Gym schedule can change at any time. For most up to date information, please visit the Welcome Center.

**Visit [FCYMCA.org](https://FCYMCA.org) for a full group exercise schedule.**