

GYMNASIUM

MONDAY

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

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
5:15pm-9:00pm RESERVED FOR BROOKS REHAB

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

SUNDAY

7:00am-11:00am OPEN GYM
11:00am-2:00pm Adult 18+ PICK UP BBALL
2:00pm-5:00pm OPEN GYM

**Gymnasium RESERVED 9:00am-11:00am
1st and 3rd 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 for a full group exercise schedule.