

# GYMNASIUM

## FALL 2024

### MONDAY

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

### TUESDAY

5:00am-1:00pm	OPEN GYM
1:00pm-3:00pm	PICKLEBALL (Slow Play)
3:00pm-5:30pm	OPEN GYM
5:30pm-9:00pm	RESERVED FOR BROOKS REHAB

### WEDNESDAY

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

### THURSDAY

5:00am-1:00pm	OPEN GYM
1:00pm-3:00pm	PICKLEBALL (Slow Play)
3:00pm-5:30pm	OPEN GYM
5:30pm-9:00pm	RESERVED FOR BROOKS REHAB

### FRIDAY

5:00am-1:00pm	OPEN GYM
1:00pm-3:00pm	PICKLEBALL (Fast Play)
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-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  
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://www.fcymca.org) for a full group exercise schedule.**