

Basketball Gym

February 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Circuit Training (Full Gym)		6:00 - 6:45am Circuit Training (Full Gym)		6:00 - 6:45am Circuit Training (Full Gym)		
7:00 - 8:15am Small Group Training (East Gym)		7:00 - 8:15am Small Group Training (East Gym)		7:00 - 8:15am Small Group Training (East Gym)		
		8:30 - 9:25am Kettlebell Class (East Gym)			10:15 - 11:15am Strength & Conditioning	10:15 - 1:15pm Abiding Word Church

Schedule Subject to Change Without Notice.

12:00 - 3:00pm
Youth Basketball
Games

1:15 - 3:15pm
Volleyball
(Drop-In)

SWEAT

RUN

PLAY

5:00 - 7:00pm Basketball Practice	5:00 - 7:00pm Basketball Practice	4:00 - 7:00pm Basketball Practice	5:00 - 7:00pm Basketball Practice	3:30 - 5:00pm Basketball Practice		

Black History Month: The celebration of Black History Month began as "Negro History Week," which was created in 1926 by Carter G Woodson, a noted African American historian, scholar, educator, and publisher. It becomes a month-long celebration in 1976.

GYM HOURS: Mon-Fri 5:45am—8:45pm Sat: 8:00am—4:45pm Sun: 10:00am—4:45pm

The gym is available for open recreational use to members 15 minutes after the facility opens until 15 minutes before the facility closes, aside from the scheduled programming hours. The gym will be open only to class or program participants while they are in session unless (WEST Only) or (EAST Only) is listed, in which open gym use is available on one side of the courts during those times.