

N4Cs Open Gym Schedule

Updated 6/21/18

570-925-0163

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am			Open Gym 6am-10am Whole Gym	Open Gym 6am-11am Whole Gym	Open Gym 6am-10am Whole Gym		Open Gym 6am-10am Whole Gym	Open Gym 8am-4:00pm Whole Gym
7 am								
8 am								
:30								
9 am								
:15								
:30								
:45								
10 am			Sit N' Fit 10am-10:30am Whole Gym		Sit N' Fit 10am-10:30am Whole Gym		Sit N' Fit 10am-10:30am Whole Gym	
:15								
:30								
:45								
11 am			Open Gym 10:30am-5:30pm Whole Gym	55 & over Pickle ball 11am-1:00pm Whole Gym		Open Gym 6am-6:00pm Whole Gym	55 & over Pickle ball 11am-1:00pm Whole Gym	
:15								
:30								
:45								
12 pm		Open Gym 12pm-4pm Whole Gym		Open Gym 1:00pm-6pm Whole Gym	Open Gym 10:30am-8pm Whole Gym		Open Gym 1:00pm-8pm Whole Gym	
:15								
:30								
:45								
1 pm								
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2 pm								
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3 pm								
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4 pm								
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:45								
5 pm								
:15								
:30								
:45								
6 pm			Zumba 5:30pm-6:30pm 1/2 Gym	Country Heat 6pm-6:30 1/2 gym		P90X 6pm-7pm 1/2 Gym		
:15								
:30								
:45								
7 pm			Adult Pickleball 6:30pm-8pm Whole Gym	Adult Volleyball 6:30pm-8pm 1/2 Gym		Open Gym 7pm-8pm Whole Gym		
:15								
:30								
:45								
8 pm								
:15								
:30								
:45								

* subject to change
 * green 1/2 gym is open
 *orange whole gym is open

