




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 8am-5pm Open gym 8am-2pm: Open fitness Rm. 11-12pm Computer Education 12pm-4pm Youth activities (b-ball) 2pm-3pm Silver Sneakers(F) 5:30p-6:15 Zumba 6:30p-8pm Adult league basketball game	2. 8am-2pm Open gym 8am-8pm Open fitness Rm. 12pm-5pm Youth activities (dodgeball) 2pm-3pm Silver Sneakers (g) 4pm-6pm Dance lessons 6pm-8pm Open gym	3. 8am-4pm Open gym 8am-2pm Open fitness Rm. 12pm-5pm Youth activities (games) 2pm-3pm Silver Sneakers(F) 4pm-6pm Dance lessons 6pm-8pm Open gym	4. 8am-10am Gym Closed New Mother's Program 8am-8pm: Open fitness Rm. 11-12:00pm Computer Education 12pm-4pm Youth activities 2pm-3pm Silver Sneaker(g) 3pm-5pm Open gym 5:30-6:15p Zumba 6:30p-8pm Adult league basketball game	5. FUN FRIDAY 8 am-1:00 Gym Closed 8:00-8:00 Open fitness Rm 10-10:45 Chair Fitness & exercise 10:30-12 BINGO  1:00-3:00 Big 3 B-ball 3pm-6pm Corn Hole challenge 3pm-8pm Open gym 5pm-8pm Family movie Night(CR)	6. GYM CLOSED U.A.B. CLINIC 9am-8pm Open fitness Rm.
7. Sunday 1pm-7pm Open gym 1pm-7pm Open fitness 4pm-7pm Family Movie Night	8. Mon 8am-5pm Open gym 8am-2pm: Open fitness Rm. 11-12pm Computer Education 12pm-4pm Youth activities 2pm-3pm Silver Sneakers(F) 3pm-5pm Open gym 5:30-6:15 Zumba 6:30p-8pm Adult league	9. Tue 8am-2pm Open gym 8am-8pm Open fitness Rm. 12pm-4pm Youth activities 2pm-3pm Silver Sneakers (g) 4pm-6pm Dance lessons 6pm-8pm Open gym	10. Wed. 8am-4pm Open gym 8am-2pm Open fitness Rm. 12pm-4pm Youth activities 2pm-3pm Silver Sneakers(F) 4pm-6pm Dance lessons 6pm-8pm Open gym	11. Thu. 8am-10am Gym Closed New Mother's Program 8am-8pm: Open fitness Rm. 11-12:00pm Computer Education 12pm-4pm Youth activities 2pm-3pm Silver Sneaker(g) 3pm-5pm Open gym 5:30p-6:15p Zumba 6:30p-8pm	12. Fri FUN FRIDAY 8am-8pm Open gym 8:00-8:00 Open fitness Rm. 10-10:45 Chair Fitness & exercise 1pm-8pm Open gym	13. Sat 9am-3pm GYM CLOSED U.A.B. Wellness Day 9am-8pm Open fitness 9-10am Walking Club (gym) 3pm-8pm Open gym 5:00-8:00 Family Fun night (UNO, Board Games)



	basketball game			Adult league basketball game		
<p>Sunday 14. <u>1pm-7pm</u> Open gym <u>1pm-7pm</u> Open fitness <u>3pm-7pm</u> Family Fun night (UNO, Monopoly, Corn hole)</p>	<p>Mon 15. <u>8am-5pm</u> Open gym <u>8am-2pm:</u> Open fitness Rm. <u>11-12pm</u> Computer Education <u>12pm-4pm</u> Youth activities <u>2pm-3pm</u> Silver Sneakers(F) <u>3pm-5pm</u> Open gym <u>5:30-6:15</u> Zumba <u>6:30p-8pm</u> Adult league basketball game</p>	<p>Tue 16. <u>8am-2pm</u> Open gym <u>8am-8pm</u> Open fitness Rm. <u>2pm-5pm</u> Youth activities <u>2pm-3pm</u> Silver Sneakers (g) <u>4pm-6pm</u> Dance lessons <u>6pm-8pm</u> Open gym</p>	<p>Wed. 17. <u>8am-2pm</u> Open gym <u>8am-2pm</u> Open fitness Rm. <u>1pm-3pm</u> Arts & Crafts <u>2pm-5pm</u> Youth activities <u>4pm-5:15p</u> Dance <u>2pm-3pm</u> Silver Sneakers (f) <u>4pm-6:00p</u> Dance class <u>6pm-8:00p</u> Open gym</p>	<p>Thu. 18. <u>8am-10am</u> Gym Closed New Mother's program <u>8am-8pm:</u> Open fitness Rm. <u>10am-2pm</u> Open Gym <u>11-12:00pm</u> Computer Education <u>2pm-3pm</u> Silver Sneaker(G) <u>2pm-3:45p</u> Open gym <u>5:30-6:15p</u> Zumba <u>6:30p-8pm</u> Adult league basketball game</p>	<p>Fri 19. FUN FRIDAY <u>8am-8pm</u> Open gym <u>8:00-8:00</u> Open fitness Rm. <u>10-10:45</u> Chair Fitness & exercise <u>1pm-8pm</u> Open gym</p>	<p>Sat 20. <u>9am-10am</u> Body Benders (G) Fitness class <u>9am-8pm</u> Open fitness <u>9-10:00am</u> Walking Club (gym) <u>10am-11am</u> Line Dancing <u>11:00-8:00</u> Open Gym <u>5pm-7pm</u> Family Movie Night</p>
<p>Sunday 21. <u>1pm-4pm</u> Open gym <u>4pm-7pm</u> Dodge Ball <u>1pm-7pm</u> Open fitness Rm. <u>4pm-7pm</u> Family Fun night (UNO, Monopoly, Corn hole)</p>	<p>Mon 22. <u>8am-5pm</u> Open gym <u>8am-2pm:</u> Open fitness Rm. <u>11-12pm</u> Computer Education <u>2pm-3pm</u> Silver Sneakers(F) <u>3pm-5pm</u> Open gym <u>5:30-6:15</u> Zumba <u>6:30p-8pm</u> Adult league basketball game</p>	<p>Tue 23. <u>8am-2pm</u> Open gym <u>8am-8pm</u> Open fitness Rm. <u>2pm-3pm</u> Silver Sneakers <u>3pm-4pm</u> Open gym <u>4pm-6p</u> Dance lessons <u>6pm-8pm</u> Open gym</p>	<p>Wed. 24. <u>8am-4pm</u> Open gym <u>8am-2pm</u> Open fitness Rm. <u>2pm-3pm</u> Silver Sneakers (f) <u>4p-6pm</u> Dance lessons <u>6pm-8pm</u> Open gym</p>	<p>Thu. 25. <u>8am-10am</u> Gym Closed New Mother's program <u>8am-8pm:</u> Open fitness Rm. <u>10am-2pm</u> Open Gym <u>2pm-3pm</u> Silver Sneaker(G) <u>3pm-5pm</u> Open gym <u>5:30-6:15p</u> Zumba <u>6:30p-8pm</u> Adult league basketball game</p>	<p>Fri 26. FUN FRIDAY <u>8 am-3:00</u> 4 vs 4 B-ball show down <u>8:00-8:00</u> Open fitness Rm. <u>10-10:45</u> Chair Fitness & exercise <u>3pm-6pm</u> Spades playoffs <u>3pm-8pm</u> Open gym</p>	<p>Sat 27. <u>9am-8pm</u> Open fitness <u>9am-10pm</u> Body Benders (G) Fitness class <u>9-10 am</u> Walking Club (gym) <u>10am-11a</u> Line Dancing <u>11am-8pm</u> Open gym</p>



Sunday 28. <u>1pm-4pm</u> Open gym <u>1pm-4pm</u> Dodge Ball <u>1pm-7pm</u> Open fitness <u>4pm-6pm</u> Flag football <u>5pm-7pm</u> Family Movie night.	Mon 29. <u>8am-5pm</u> Open gym <u>8am-2pm:</u> Open fitness Rm. <u>2pm-3pm</u> Silver Sneakers(F) <u>3pm-5pm</u> Open gym <u>3pm-4pm</u> Piano lessons <u>5:30-6:15</u> Zumba <u>6:30p-8pm</u> Adult league basketball game	Tue 30. <u>8am-2pm</u> Open gym <u>8am-8pm</u> Open fitness <u>2pm-3:00p</u> Crochet today (learn the art of crocheting) <u>2pm-3pm</u> Silver Sneakers (g) <u>4pm-5pm</u> Guitar lessons <u>4pm-6pm</u> Dance lessons <u>6pm-8pm</u> Open gym				