

GYM GUIDES

Open gym rules:

Gym is shared space; consideration for all members and guests is required. No activity can utilize more than half court.

Family time gym rules:

Parental supervision will be required at all times for children under the age of 13.

Pickleball rules:

Games are played to 11 and won by 2.
Both sides of gym (East and West) are closed to other traffic.

Parisi:

East side of gym (side closest to Parisi room).

Heart Moves:

Both sides of gym (East and West) are closed to other traffic.

All gym activity must be finished by:

Monday - Thursday at 10 p.m.

Friday at 8 p.m.

Saturday at 7 p.m.

Sunday at 8 p.m.

Management reserves the right to modify programs/rules at any time.

Any arguments, use of foul language or unsportsmanlike conduct will result in the loss of gym use for the remainder of the day and possible termination of membership.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 5 - 9:30 a.m.	Pickleball 5 - 7 a.m.	Open Gym 5 - 9:30 a.m.	Pickleball 5 - 7 a.m.	Open Gym 5 - 9:30 a.m.	Pickleball 7 - 9 a.m.
	Heart Moves 9:30 - 10:30 a.m.	Open Gym 7 a.m. - 4 p.m.	Heart Moves 9:30 - 10:30 a.m.	Open Gym 7 a.m. - 4 p.m.	Heart Moves 9:30 - 10:30 a.m.	Open Gym 9 a.m. - Noon
Family Time Noon - 4 p.m.	Open Gym 10:30 a.m. - 4 p.m.		Open Gym 10:30 a.m. - 4 p.m.		Open Gym 10:30 a.m. - 5 p.m.	Family Time Noon - 4 p.m.
	Parisi Class 4 - 5 p.m.					
Open Gym 4 - 8 p.m.	Open Gym 5 - 6 p.m.		Family Time 5 - 7 p.m.		Family Time 5 - 7 p.m.	Open Gym 4 - 7 p.m.
	Parisi Class 6 - 7 p.m.			Parisi Class 6 - 7 p.m.		
	Open Gym 7 - 10 p.m.					

Rules and schedule are subject to change without notice.