



Park Street Gym Schedule

Effective - November 14, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	5:00 AM
5:15 AM								5:15 AM
5:30 AM								5:30 AM
5:45 AM								5:45 AM
6:00 AM								6:00 AM
6:15 AM	Boot Camp 6:00 - 6:45 AM	OPEN	Athletic Conditioning 6:00 - 6:45 AM	OPEN	Core & More 6:00 - 6:45 AM	CLOSED	CLOSED	6:15 AM
6:30 AM								6:30 AM
6:45 AM								6:45 AM
7:00 AM								7:00 AM
7:15 AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	7:15 AM
7:30 AM								7:30 AM
7:45 AM								7:45 AM
8:00 AM								8:00 AM
8:15 AM								8:15 AM
8:30 AM	Senior Strength Balance & Endurance 10:15 AM	Senior Strength 9:00 - 9:45 AM	Senior ENHANCE Fitness 8:45 - 9:30 AM	Senior Strength Balance & Endurance 8:45 - 9:30 AM	Senior Strength Balance & Endurance 8:45 - 9:30 AM	Zumba 9:00-10:00 AM	OPEN	8:30 AM
8:45 AM								8:45 AM
9:00 AM								9:00 AM
9:15 AM								9:15 AM
9:30 AM	Senior Strength Balance & Endurance 10:15 AM	Senior Strength 9:00 - 9:45 AM	Senior ENHANCE Fitness 8:45 - 9:30 AM	Senior Strength Balance & Endurance 8:45 - 9:30 AM	Senior Strength Balance & Endurance 8:45 - 9:30 AM	Zumba 9:00-10:00 AM	OPEN	9:15 AM
9:45 AM								9:45 AM
10:00 AM	OPEN	OPEN	Strength Core and More 9:45 - 10:45 AM	OPEN	OPEN	Zumba 9:00-10:00 AM	Pump it Up 9:30 - 10:30 AM	10:00 AM
10:15 AM								10:15 AM
10:30 AM	Super Fit 10:30 - 11:30 AM	World Dance 10:15 - 11:15 AM	OPEN	World Dance 10:15 - 11:15 AM	Pump it Up 10:15 - 11:15 AM	PickleBall 10:00 - 11:30 AM	OPEN	10:30 AM
10:45 AM								10:45 AM
11:00 AM								11:00 AM
11:15 AM	PickleBall 11:45 AM - 12:45 PM	PickleBall 11:15 AM - 12:15 PM	PickleBall 11:30 AM - 1:00 PM	OPEN	OPEN	Travel Basketball 11:30 AM - 6:00 PM	PickleBall 11:00 AM - 1:00 PM	11:15 AM
11:30 AM								11:30 AM
11:45 AM								11:45 AM
12:00 PM								12:00 PM
12:15 PM	PickleBall Clinic 12:15 PM - 1:15 PM	PickleBall Clinic 12:15 PM - 1:15 PM	PickleBall 11:30 AM - 1:00 PM	OPEN	OPEN	Travel Basketball 11:30 AM - 6:00 PM	PickleBall 11:00 AM - 1:00 PM	12:15 PM
12:30 PM								12:30 PM
12:45 PM	OPEN	Adult 18+ Open Basketball 1:15 - 3:00 PM	OPEN	OPEN	OPEN	Travel Basketball 11:30 AM - 6:00 PM	PickleBall 11:00 AM - 1:00 PM	12:45 PM
1:00 PM								1:00 PM
1:15 PM								1:15 PM
1:30 PM	Adult 18+ Open Basketball 2:00 - 3:00 PM	Adult 18+ Open Basketball 1:15 - 3:00 PM	Adult 18+ Open Basketball 2:00 - 3:00 PM	OPEN	OPEN	Travel Basketball 11:30 AM - 6:00 PM	PickleBall 11:00 AM - 1:00 PM	1:30 PM
1:45 PM								1:45 PM
2:00 PM								2:00 PM
2:15 PM								2:15 PM
2:30 PM	7th Grade Initiative Open Gym 3:00 - 3:30 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM	Youth PickleBall 3:00 - 3:40 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM	Teen 13-17 Open Basketball 3:00 - 3:30 PM	Travel Basketball 11:30 AM - 6:00 PM	OPEN	2:30 PM
2:45 PM								2:45 PM
3:00 PM	All-Star and MVP Basketball 3:45 - 4:30 PM	Youth Fitness and 7th GI 3:40 - 4:25 PM	Rookie (Beginners) 3:40 - 4:25 PM	Tennis Technique (1-3) 3:40 - 4:25 PM	Soccer (1-3) 3:40 - 4:25 PM	Travel Basketball 11:30 AM - 6:00 PM	OPEN	3:00 PM
3:15 PM								3:15 PM
3:30 PM	MVP Basketball 4:30 - 5:15 PM	Bump, Set, Spike (4-6) 4:25 - 5:10 PM	Starter Basketball 4:25 - 5:10 PM	Tennis Technique (4-6) 4:25 - 5:10 PM	Soccer (4-6) 4:25 - 5:10 PM	Travel Basketball 11:30 AM - 6:00 PM	OPEN	3:30 PM
3:45 PM								3:45 PM
4:00 PM								4:00 PM
4:15 PM	Basketball (7-9) 5:15 - 6:00 PM	Bump, Set, Spike (7-9) 5:15 - 6:00 PM	Strong Warrior 5:15 - 6:00 PM	Shred 6:00 PM	5:15 - 6:00 PM	Travel Basketball 11:30 AM - 6:00 PM	OPEN	4:15 PM
4:30 PM								4:30 PM
4:45 PM	PickleBall Clinic 6:00 PM - 7:00 PM	Butts & Guts 6:00 - 7:00 PM	Travel Basketball 5:15 - 8:30 PM	Zumba 6:00 - 7:00 PM	OPEN	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	4:45 PM
5:00 PM								5:00 PM
5:15 PM	Adult 18+ Open Basketball 7:15 - 8:45 PM	Travel Basketball 7:00 - 9:00 PM	Travel Basketball 5:15 - 8:30 PM	Boot Camp 7:00 - 8:00 PM	Zumba 7:00 - 7:45 PM	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	5:15 PM
5:30 PM								5:30 PM
5:45 PM								5:45 PM
6:00 PM	OPEN	Travel Basketball 7:00 - 9:00 PM	Travel Basketball 5:15 - 8:30 PM	Travel Basketball 8:00 - 9:00 PM	Teen 13-17 Open Basketball 8:15 - 8:45 PM	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	6:00 PM
6:15 PM								6:15 PM
6:30 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	6:30 PM
6:45 PM								6:45 PM
7:00 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	7:00 PM
7:15 PM								7:15 PM
7:30 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	7:30 PM
7:45 PM								7:45 PM
8:00 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	8:00 PM
8:15 PM								8:15 PM
8:30 PM	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING	Travel Basketball 11:30 AM - 6:00 PM	CLOSED	8:30 PM
8:45 PM								8:45 PM

- Friendly Reminders:**
- Teen Open Basketball is for teenagers aged 13-17
 - Adult Open Basketball is for adults aged 18+
 - For safety and logistical reasons, some scheduled classes may run over their allotted time; we appreciate your patience.
 - Food is not permitted in the gym
 - Backpacks are to be stowed in lockers before utilizing the gym
 - The gym schedule is subject to change

Key	
Group Exercise Classes	Private Basketball Training
Pickleball	Teen Programs
Adult Open Basketball	Teen Open Basketball
Youth Healthy Living	Youth Sports
Open Availability	Closed