



# BARKER GYMNASIUM SCHEDULE • NORTHERN DOOR CENTER

Summer Session • June 13 through August 27, 2017



MONDAY	
5:30-9:30 am	Open Gym
9:30-10:10 am	Kiddie Kinetics
10:10 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickleball (track closed)
2:30-6:00 pm	Open Gym
6:00-8:00 pm	Adult Basketball (ages 15+)

THURSDAY	
5:30-8:15 am	Open Gym
8:15-9:05 am	Tabata Interval Training
9:05-9:30 am	Open Gym
9:30-10:15 am	Silver Sneakers Classic
10:15 am-6:00 pm	Open Gym
6:00-8:00 pm	Adult Basketball (ages 15+)

TUESDAY	
5:30-8:15 am	Open Gym
8:15-9:05 am	Tabata Interval Training
9:05-9:30 am	Open Gym
9:30-10:25 am	Silver Sneakers Classic
10:25 am-6:00 pm	Open Gym
6:00-8:00 pm	Pickleball (track closed)

FRIDAY	
5:30-9:30 am	Open Gym
9:30-10:15 am	Silver and Fit Basic
10:15 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickleball (track closed)
2:30-8:00 pm	Open Gym

WEDNESDAY	
5:30-7:30 am	Open Gym
7:30-8:20 am	Silver and Fit Basic
8:20-9:30 am	Healthy Choice
9:30 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickleball (track closed)
2:30-8:00 pm	Open Gym

SATURDAY	
7:00 am-3:00 pm	Open Gym

SUNDAY	
9:00 am-3:00 pm	Open Gym

- Walking/Running Track:** unless otherwise indicated, the track is available.  
If the protective curtains are not extended, please ask the Welcome Center to extend them.
- Participants age 8 and older may use the gym unsupervised. Youth age 7 and under must be accompanied by a parent or supervising individual (age 14 or older).
- Special events may alter the Gym Schedule outside of what is published. Please inquire at the Welcome Center in person or by calling 920.868.3660 for the most current availability.