



BARKER GYMNASIUM SCHEDULE • NORTHERN DOOR CENTER

Valid September 3 through October 27, 2019



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	Pickle Ball – B. I. A. (track closed)
2:30-3:45 pm	Open Gym
3:45-4:45 pm	After School Sports
4:45-6:00 pm	Open Gym
6:00-7:45 pm	Adult Basketball
7:45-8:00 pm	Open Gym

TUESDAY	
5:30-8:15 am	Open Gym
8:15-9:15 am	Tabata Training
9:15-9:30 am	<i>Class Transition</i>
9:30-10:15 am	Silver Sneakers Classic
10:15 am-6:00 pm	Open Gym
6:00-7:45 pm	Pickle Ball – Advanced (track closed)
7:45-8:00 pm	Open Gym

WEDNESDAY	
5:30-7:30 am	Open Gym
7:30-8:15 am	Silver and Fit Experience
8:15-8:30 am	<i>Class Transition</i>
8:30-9:15 am	Healthy Choice
9:15 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickle Ball – B. I. A. (track closed)
2:30-2:45 pm	<i>Class Transition</i>
2:45-3:25 pm	Kinder Sports
3:25-3:45 pm	<i>Class Transition</i>
3:45-4:45 pm	After School Sports
4:45-6:00 pm	Open Gym
6:00-7:45 pm	Pickle Ball – all levels (track closed)
7:45-8:00 pm	Open Gym

THURSDAY	
5:30-8:15 am	Open Gym
8:15-9:15 am	Tabata Training
9:15-9:30 am	<i>Class Transition</i>
9:30-10:15 am	Silver Sneakers Classic
10:15 am-6:00 pm	Open Gym
6:00-7:45 pm	Adult Basketball
7:45-8:00 pm	Open Gym

FRIDAY	
5:30-9:30 am	Open Gym
9:30-10:15 am	Silver and Fit Experience
10:15 am-12:00 pm	Open Gym
12:00-2:30 pm	Pickleball – B. I. A. (track closed)
2:30-8:00 pm	Open Gym

SATURDAY	
7:00 am-5:00 pm	Open Gym

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

GYMNASIUM USE GUIDELINES

1. **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.
2. 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).
3. 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.