

EAST GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-10:00am Open Gym	**6:00-10:00am Open Gym	6:00-9:30am Open Gym	6:00-11:15am Open Gym	6:00-9:45am Open Gym	8:00-8:50am Open Gym	*11:00am-12:45pm Open Gym
10:30-11:30am Let's Play	10:30-11:30am Gym Kidz	10:00-11:30am Let's Play	11:30am-12:15pm Fitness Class	10:00am-12:15pm Fitness Classes	9:00-11:00am Pickleball	1:00-3:00pm Pickleball
12:30-1:45pm Pball Orientations	12:00-12:45pm Fitness Class	11:45am-9:00pm Open Gym	*12:30-5:30pm Open Gym	12:30-9:00pm Open Gym	*11:15am-8:00pm Open Gym	3:00-6:00pm Open Gym
1:45-3:15pm Open Gym	1:00-3:15pm Open Gym		5:30-9:00pm Open Gym			
3:45-5:00pm Sports Kidz	3:45-5:15pm Gym Kidz					
5:00-9:00pm Open Gym	5:30-9:00pm Open Gym					

Schedule can change without notice. Please allow time between activities.

*Volleyball net available **9:30am Tai Chi warmup

Over 50 hours of Open Gym per Week

RULES

- No food or drink allowed in gym.
- Please wear non-marking gym shoes and clothing.
- No swim suits, bare feet, or flip flops.
- Baseballs, lacrosse, and other balls of similar size are not allowed in gym.
- No full court games during Family Open Gym or when West Gym has a club activity.

Lake Shore
ATHLETIC CLUB

09/2026