



GYM SCHEDULE

GREAT NECK RECREATION CENTER \ Fall Gym Schedule

| DAY | TIME | PROGRAM | GYM # |
|------------------|--------------------|--|-------|
| MONDAY | 6:00 am – 8:00 am | Walk Program | 1 & 2 |
| | 8:00 am – 12:00 pm | Group Fitness Classes | 2 |
| | 8:30 am – 11:30 pm | Pickleball (ages 14 and up) | 1 |
| | 12:00 pm – 4:00 pm | Open Gym | 1 & 2 |
| | 1 pm – 4 pm | Open Gym | 1 & 2 |
| | 4 pm –5 pm | OST Afterschool | 1 |
| | 4 pm – 6:00 pm | Group Fitness Class | 2 |
| | 6 pm – 7:45pm | Adult Volleyball (ages 16 and up) | 1 & 2 |
| TUESDAY | 6:00 am – 8:00 am | Walk Program | 1 & 2 |
| | 8:00 am – 1:30 pm | Group Fitness Classes | 2 |
| | 8:00 am – 1:30 pm | Open Gym | 1 |
| | 1:30 pm – 4 pm | Open Gym | 1 & 2 |
| | 4 pm – 5 pm | OST After School | 1 |
| | 4 pm – 5 pm | Open Gym | 2 |
| | 5 pm – 5:50 pm | Open Gym | 1 & 2 |
| | 6 pm – 8 pm | 18+ Adult Basketball (Sign up at 6:30pm) | 1 & 2 |
| WEDNESDAY | 6:00 am – 8:00 am | Walk Program | 1 & 2 |
| | 8:00 am – 12:00 pm | Group Fitness Classes | 2 |
| | 8:30 am – 11:30 pm | Pickleball (ages 14 and up) | 1 |
| | 12 pm – 4 pm | Open Gym | 1 & 2 |
| | 4 pm – 5 pm | OST After School | 1 |
| | 4 pm –7 pm | Group Fitness Classes | 2 |
| | 5 pm – 7 pm | Open Gym | 1 |
| | 7pm – 8:00 pm | Open Gym | 1 & 2 |
| THURSDAY | 6:00 am – 8:00 am | Walk Program | 1 & 2 |
| | 8 am – 12:30 pm | Group Fitness classes | 2 |
| | 8 am – 1:30 pm | Open gym | 1 |
| | 1:30 – 4 pm | Open Gym | 1 & 2 |
| | 4 pm – 5 pm | OST After School | 1 |
| | 4 pm –6 pm | Group Fitness Class | 2 |
| | 5 pm – 5:50 pm | Open Gym | 1 & 2 |
| | 6 pm – 8 pm | 18 +Adult Basketball (sign up at 6:30) | 1 & 2 |
| FRIDAY | 6:00 am – 8:00 am | Walk Program | 1 & 2 |
| | 8 am – 12 pm | Group Fitness classes | 2 |
| | 8 am – 12 pm | Open gym | 1 |
| | 12 pm –1:30 pm | Open Gym | 1 & 2 |
| | 1:30- pm – 4 pm | Open Gym | 1 |
| | 2 pm –5 pm | Pickleball (ages 14 and up) | 2 |
| | 4 pm – 5 pm | OST After school | 1 |
| | 5 pm – 8 pm | Open Gym | 1 |
| | 6 pm – 8 pm | 18 + Adult Badminton | 2 |
| SATURDAY | 9 am – 11:30 am | Group Fitness class | 2 |
| | 9 am – 11:30 pm | Open Gym | 1 |
| | 11:30 am – 4:45 pm | Open Gym | 1 & 2 |
| SUNDAY | 11:15 am – 1:30 pm | 35 + Basketball (NO LOTTERY) | 1 & 2 |