



HAMILTON GYM SCHEDULE Effective 6/9/25

Start Time	Monday & Wednesday	End Time	Gym Side
5:05 am	Total Body Platinum (60)	6:15 am	Gym A
6:30 am	Open Gym for All	8:00 am	Gym A
6:30 am	Summer Camp	All Summer	Gym B
8:15 am	Circuit (65) Class Set-Up	9:00 am	Gym A/B
9:00 am	Circuit (65)	10:20 am	Gym A/B
10:30 am	Pickleball	12:45 pm	Gym A
10:15 am	Body Sculpt (60)	11:20 am	Gym B
11:25 am	Adult Basketball	12:45 pm	Gym B
12:45 pm	Summer Sports Camp	4:15 pm	Gym A/B
4:30 pm	Pickleball	6:30 pm	Gym A
3:00 pm	Summer Camp	All Summer	Gym B
7:00 pm	Open Gym for All	9:50 pm	Gym A/B

Start Time	Tuesday & Thursday	End Time	Gym Side
5:00 am	Open Gym for All	8:30 am	Gym A
6:45 am	Summer Camp	All Summer	Gym B
8:30 am	Senior Balance (45)	10:15 am	Gym A & B
10:30 am	Pickleball	12:30 pm	Gym A
12:35 pm	Sports Camp	4:30 pm	Gym A & B
3:00 pm	Summer Camp	All Summer	Gym B
4:30 pm	Pickleball	6:30 pm	Gym A
6:35 pm	Open Gym for All	9:50 pm	Gym A & B

Start Time	Friday	End Time	Gym Side
5:00 am	Open Gym for All	6:30 am	Gym A & B
6:45 am	Summer Camp	All Summer	Gym B
8:15 am	Circuit (65) Class Set-Up	9:00 am	Gym A & B
9:00 am	Circuit (65)	10:10 am	Gym A & B
10:15 am	Body Sculpt (60)	11:20 am	Gym A
11:30 am	Pickleball	12:45 pm	Gym A
12:45 pm	Sports Camps	4:00 pm	Gym A & B
3:00 pm	Summer Camp	All Summer	Gym B
4:30 pm	Pickleball	6:30 pm	Gym A
6:30 pm	Open Gym for All	8:45 pm	Gym A & B

Start Time	Saturday	End Time	Gym Side
8:00 am	Open Gym for All	12:00 pm	Gym A & B
12:00 pm	Pickleball	2:00 pm	Gym A
2:15 pm	Open Gym for All	5:45 pm	Gym A & B

Start Time	Sunday	End Time	Gym Side
9:00 am	Open Gym for All	4:50 pm	Gym A & B

GYM RULES:

- NO DUNKING
- NO FOOD, DRINKS OR GUM
- NO INAPPROPRIATE LANGUAGE
- DO NOT LEAVE VALUABLE ITEMS UNATTENDED

CHILD WATCH HOURS

- Monday – Friday: 8 am – 1 pm
- Monday – Friday: 4 – 8 pm
- Saturday: 8 am – 12 pm
- Sunday: 9 am – 1 pm

**** Please note that our Summer Camp is in session and will be using the branch if there is any bad weather or a high heat index.**

**** This schedule is subject to change ANYTIME.**