



HAMILTON GYM SCHEDULE Effective 11/10/25

Start Time	Monday	End Time	Gym Side
5:05 am	Total Body Platinum (60)	6:15 am	Gym A
6:30 am	Open Gym for All	8:15 am	Gym A & 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
10:15 am	Body Sculpt (60)	11:20 am	Gym B
10:30 am	Adult Basketball	1:40 pm	Gym A
11:30 am	Senior Basketball	1:30 pm	Gym B
1:45 pm	Adult Basketball	4:30 pm	Gym A & B
4:45 pm	Open Gym for All	5:15 pm	Gym A & B

Start Time	Tuesday & Thursday	End Time	Gym Side
5:00 am	Open Gym for All	8:30 am	Gym A & B
8:30 am	Senior Balance Class Set - Up	9:00 am	Gym A & B
9:00 am	Senior Balance (45)	9:45 am	Gym A & B
9:45 am	Open Gym for All	10:30 am	Gym A & B
10:30 am	Pickleball	2:30 pm	Gym A & B
2:45 pm	Adult Basketball	4:45 pm	Gym A & B
4:15 pm	Youth Circuit Set-Up	4:30 pm	Gym A
4:30 pm	Youth Circuit	5:30 pm	Gym A
4:45 pm	Open Gym for All	5:30 pm	Gym A & B

Start Time	Wednesday	End Time	Gym Side
5:05 am	Total Body Platinum (60)	6:15 am	Gym A
6:30 am	Open Gym for All	8:15 am	Gym A & 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
10:15 am	Body Sculpt (60)	11:20 am	Gym B
11:30 am	Pickleball	4:30 pm	Gym A & B
4:45 pm	Open Gym for All	5:15 pm	Gym A & B

Start Time	Friday	End Time	Gym Side
5:00 am	Open Gym for All	8:15 am	Gym A & 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	2:30 pm	Gym A
2:45 pm	Adult Basketball	4:45 pm	Gym A & B
4:45 pm	Open Gym for All	5:15 pm	Gym A & B

Start Time	Saturday	End Time	Gym Side
8:00 am	Open Gym for All	6:00 pm	Gym A & B

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

CHILD WATCH HOURS

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

GYM RULES:

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

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

Our Mission: to put Christian principles into practice, through programs that build healthy spirit, mind and body for all.