

SPORTS & FITNESS SCHEDULE FALL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am - 12 pm Fitness Center	7:30 am - 12 pm Fitness Center	7:30 am - 12 pm Fitness Center	7:30 am - 12 pm Fitness Center	7:30 am - 12 pm Fitness Center	7:30 am - 12 pm Fitness Center	CLOSED
8 - 11 am Volleyball Handball Paddleball Table Tennis	7:30 am - 12 pm Paddleball (1 Court) Pickleball (2 Courts)	7:30 am - 12 pm Handball (1 Court) Paddleball (1 Court) Racquetball (1 Court) Table Tennis	7:30 am - 12 pm Paddleball (1 Court) Pickleball (2 Courts)	7:30 am - 12 pm Handball (1 Court) Paddleball (1 Court) Racquetball (1 Court) Table Tennis	7:30 am - 10 am Basketball (Full Gym)	
1 - 3 pm Basketball (1/2 Gym)	7:30 am - 12 pm Basketball (1 Court)	10 - 10:45 am Yoga (Arts Room)	7:30 am - 12 pm Basketball (1 Court)		12 - 3 pm Paddleball Pickleball (Full Gym)	
5 - 7 pm Basketball (Full Gym)	2 - 7:30 pm Children's Programming	2 - 7 pm Children's Programming	2 - 7:30 pm Children's Programming	2 - 7 pm Children's Programming	3 - 7 pm Children's Programming	
5 - 7 pm Fitness Center	6 - 9:30 pm Fitness Center	6 - 9:30 pm Fitness Center	6 - 9:30 pm Fitness Center	6 - 9:30 pm Fitness Center		
	7:30 - 9:45 pm Basketball (Full Gym)	6 - 9:45 pm Paddleball (2 Courts) Handball (1 Court)	7:30 - 9:45 pm Basketball (Full Gym)	6 - 9:45 pm Paddleball (2 Courts) Handball (1 Court)		
		7 - 8 pm Zumba (Karate Room)	7 - 8 pm Yoga (Auditorium Stage)	7 - 9:45 pm Volleyball (1/2 Gym)		
		7 - 9:45 pm Volleyball (1/2 Gym)				

KEY

- Fitness Center
- Basketball
- Volleyball, Handball, Paddleball or Table Tennis
- Children's Programming
- Group Exercise Class

FITNESS HOURS:

MONDAY - THURSDAY 7:30 AM - 9:45 PM

FRIDAY 7:30 AM - 7 PM

SUNDAY 8 AM - 7 PM

FITNESS #: 718.241.3000 EXT. 140

FITNESS RULES:

1. Staff instructions must be followed.
2. Children under 13 years of age must be accompanied by an adult.
3. Proper attire (sneakers required).
4. No food or drinks are permitted.
5. Towels are required at the Fitness Center.
6. All coats must be stored in the Locker Rooms.

The schedule is subject to change.