January 2022 West Field House Drop-In Programs & Open Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **SKIP DAY**	3 **SKIP DAY**	4 **SKIP DAY**	5 **SKIP DAY**	6 **SKIP DAY**	7 **SKIP DAY**	8 **SKIP DAY**
9 **SKIP DAY**	10 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 8-9pm	11 Fitness Center Only 6-9pm	12 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 7-9pm	13 Fitness Center 6-9pm Walking Track 7:30-9pm Open Gym 7:30-9pm	14 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 7-9pm	15 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
16 Fitness Center Only 12-3pm	17 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 8-9pm	18 Fitness Center Only 6-9pm	19 Fitness Center 6-9pm Walking Track 7:30-9pm Men's 35 & Older Basketball 7:30-9pm	20 Fitness Center 6-9pm Walking Track 7-9pm Open Gym 7-9pm	21 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 7-9pm	22 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
23 Fitness Center Only 12-3pm	24 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 8-9pm	25 Fitness Center Only 6-9pm	26 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 7-9pm	27 Fitness Center 6-9pm Walking Track 6-9pm Open Gym 8-9pm	28 Fitness Center 6-9pm Walking Track 7-9pm Teen Open Gym 7-9pm	29 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
30 Fitness Center Only 12-3pm	31 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 8-9pm					