

# February 2024 West Field House Drop-In Programs & Open Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fitness Center 6-9pm Walking Track 6-9pm Fit4Baby Class (Dance Studio) 6:30-7:30pm	2 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	3 <b>SKIP DAY</b>
4 <b>SKIP DAY</b>	5 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-7pm	6	7 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm	8 Fitness Center 7:30-9pm Walking Track 7:30-9pm Fit4Baby Class (Dance Studio) 6:30-7:30pm	9 <b>SKIP DAY</b>	10 <b>SKIP DAY</b>
11 <b>SKIP DAY</b>	12 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-7pm	13	14 <b>SKIP DAY</b>	15 Fitness Center 6-9pm Walking Track 6-9pm Fit4Baby Class (Dance Studio) 6:30-7:30pm	16 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	17 <b>SKIP DAY</b>
18 <b>SKIP DAY</b>	19 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	20	21 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm Open Gym 6-9pm	22 Fitness Center 6-9pm Walking Track 6-9pm Fit4Baby Class (Dance Studio) 6:30-7:30pm Open Gym 6-9pm	23 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	24 <b>SKIP DAY</b>
25 Fitness Center 9am-1pm Walking Track 9am-1pm Open Gym 9am-1pm	26 <b>SKIP DAY</b>	27	28 <b>SKIP DAY</b>	29 <b>SKIP DAY</b>		