

West Field House Drop-In Programs & Open Gym

Feb 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
SKIP DAY	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practices 7-9pm - Men's 35+ Basketball		6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practices 7-9pm - Men's 35+ Basketball	SKIP DAY	SKIP DAY	1-4pm - Fitness Center (55+) 1-4pm - Walking Track 1-4pm - Basketball Practice
8	9	10	11	12	13	14
SKIP DAY	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practices		SKIP DAY	7-9pm - Fitness Center (55+) 7-9pm - Walking Track 7-9pm - Basketball Practice	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practice 6-9pm - Drop In Open Gym	1-4pm - Fitness Center (55+) 1-4pm - Walking Track 1-4pm - Basketball Practice
15	16	17	18	19	20	21
SKIP DAY	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practices 7-9pm - Men's 35+ Basketball		SKIP DAY	SKIP DAY	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Basketball Practice 6-9pm - Drop In Open Gym	SKIP DAY
22	23	24	25	26	27	28
SKIP DAY	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 7-9pm - Men's 35+ Basketball		6-9pm - Fitness Center (55+) 6-9pm - Walking Track 7-9pm - Men's 35+ Basketball	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Open Basketball	6-9pm - Fitness Center (55+) 6-9pm - Walking Track 6-9pm - Drop In Open Gym	1-4pm - Fitness Center (55+) 1-4pm - Walking Track 1-4pm - Open Gym