

# West Field House Drop-In Programs & Open Gym

**Feb 2026**



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

Updated 2/2/2026