

VRC Gymnasium

November 2025 Schedule



The gym has both Side A and Side B

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A	B	A	B	A	B	A	B	A	B	A	B	A	B
Drop In Pickleball 12-2pm		LOG- 5-7am	LOG- 5-7am Drop In Basketball on Side A: 6-7am		LOG- 5-7am		LOG- 5-7am		LOG- 5-7am		LOG- 7-8:30am		
		Group Fitness Class 7-9:30am	Group Fitness Class 7-9:15am		Group Fitness Class 7-10:30am		Group Fitness Class 7-9:15am		Group Fitness Class 7-9:30am		Group Fitness Class 9-10am		
		LOG 9:30-11:15am	LOG 9:15-10am Skills & Drills 10-10:30am		LOG 10:30-11:15am		LOG 9:15-10am Skills & Drills 10-10:30am		LOG 9:30-11:15am VPRD Program on Side A 11/14, 10-11am		LOG 10:30am-6:45pm		
		Senior Pickleball 11:30am-2pm	Senior Pickleball 10:30am-12:30pm		Senior Pickleball 11:30am-2pm		Senior Pickleball 10:30am-12:30pm		Senior Pickleball 11:30am-2pm No Pickleball 11/21				
			Senior Volleyball 1-3:30pm	LOG 12:30- 5:15pm			Senior Volleyball 1-3:30pm	LOG 12:30- 6:15pm					
LOG 2-5:45pm	LOG 2-8:45pm	LOG 3:30- 5:15pm		LOG- 2-5pm		LOG 3:30- 5:45pm		LOG 2-8:45pm					
		Group Fitness Class 5:30-6:30pm		POG 5-8:45pm		Drop In Volleyball 6-8:45pm							
		Drop In Pickleball 6:45-8:45pm											

Reference Chart

POG	LOG
Public Open Gym	Limited Open Gym
Any member or daily admission guest can utilize the gym.	Only Vandalia Residents and VRC Members and their guests are permitted to utilize the gym
*All Members are responsible for their guest's behavior and can incur the undesirable consequences of negative behavior. The VRC maintains the right to prohibit a Member from bringing guests into the gym, cancel the membership or trespass the Member and/or their guest.	

GYMNASIUM RULES:

- No vulgar language or profanity.
- No full court - except at designated times.
- No food or drinks
 - *Water/sports drinks in plastic bottles permitted.
- Must respect the facility, equipment and others always
- Shirts & Shoes required
- No dunking or hanging on the rims or nets
- Throw away your trash
- No fighting or spitting

Full Gym Closures Due to Programs

- Mon- 7:00a - 9:30a, 11:30a-2:00p
- Tues- 7:30a-12:30p, 1:00p-3:30p, 5:15p-8:45p
- Wed- 7:30a-10:30a, 1:30a-2:00p
- Thurs- 7:30a-12:30p, 1:00p-3:30p, 6:00p-8:45p
- Fri- 7:00a-11:00a, 11:30a-2:00p
- Sun- 12:00p-2:00p
- Saturday, November 8 - 9:00-11:00am

*Schedule subject to change