

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POG</b> 6:00a-7:00a No POG 11/19	<b>POG</b> 6:00a-8:00a No POG 11/20	<b>POG</b> 6:00a-7:00a Senior Pickleball 7:00a-9:00a	<b>POG</b> 6:00a-8:00a 7:00a-11:45a on 11/22	<b>POG</b> 6:00a-8:30a Bootcamp 8:30a-9:30a	<b>POG</b> 7:00a-10:00a Annual Turkey Shoot 10:00a sharp 11/17	<b>NO POG</b>       <b>LOG</b> 12:00p-5:45p
Morton Re-Do Day 11/19 7:00a-3:00p	Morton Re-Do Day 11/20 7:00a-3:00p	<b>POG</b> 9:00a-11:30a	Senior Strength 8:00a-10:30a No class 11/22	<b>POG</b> 9:30a-10:00a Zoom Around the Room 10:00a-11:00a	<b>LOG</b> 10:00a-6:45p	
Senior Pickleball 7:00a-9:00a No Pickleball 11/19	Senior Strength 8:00a-10:30a No class 11/20		Senior Pickleball 10:45a-12:45p No Pickleball 11/22	<b>POG</b> 11:00a-11:30a		
<b>POG</b> 9:00a-9:30a No POG 11/19	<b>POG</b> 10:30a-2:00p	Senior Pickleball 11:30a-2:00p No Pickleball 11/21	No Pickleball 11/22	Senior Pickleball 11:30a-2:00p No Pickleball 11/16, 11/23	Black Belt Testing Carol Apple 1:00p-4:00p 11/17	
Cardio Extreme 9:30a-10:30a No class 11/19	No POG 11/20	<b>LOG</b> 2:00p-9:45p	<b>POG</b> 12:45p-2:00p No POG 11/22	<b>LOG</b> 2:00p-9:45p		
<b>POG</b> 10:30a-11:30a No POG 11/19	<b>LOG</b> 2:00p-5:30p		<b>LOG</b> 2:00p-9:45p	<b>LOG</b> 2:00p-9:45p		
Senior Pickleball 11:30a-2:00p No Pickleball 11/19	Total Body 5:30p-6:30p	<b>LOG</b> 2:00p-9:45p	No LOG 11/22			
<b>LOG</b> 2:00p-9:45p	<b>LOG</b> 6:30p-9:45p					

**POG** Public Open Gym: Any member or daily admission guest can utilize the gymnasium.

**LOG** Limited Open Gym: Only Vandalia Residents, VRC Members and their guests are permitted to utilize the gymnasium.

\*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 from the VRC.

**Please see a Front Desk Attendant for questions regarding the gym**

**Full Gym Closures**  
**Mon/Wed 7:00a - 9:00a**  
**Mon/Wed/Fri 11:30a - 2:00p**  
**Tue/Thu 8:00a - 10:30a**  
**Tue 6:00p-6:30p**  
**Fri, Nov 2 8:30p-9:45p**  
**Sat, Nov 17 9:00a-4:00p**  
**Mon, Nov 19 7:00a-3:00p**  
**Tue, Nov 20 7:00a-3:00p**

\*Gymnasium schedule subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POG</b> 6:00a-7:00a No POG 11/19	<b>POG</b> 6:00a-8:00a No POG 11/20	<b>POG</b> 6:00a-7:00a	<b>POG</b> 6:00a-8:00a 7:00a-11:45a on 11/22	<b>POG</b> 6:00a-11:30a	<b>POG</b> 7:00a-10:00a	<b>NO POG</b>
Morton Re-Do Day 11/19 7:00a-3:00p	Morton Re-Do Day 11/20 7:00a-3:00p	Senior Pickleball 7:00a-9:00a			Annual Turkey Shoot 10:00a sharp 11/17	
Senior Pickleball 7:00a-9:00a No Pickleball 11/19	Senior Strength 8:00a-10:30a No class 11/20	<b>POG</b> 9:00a-11:30a	Senior Strength 8:00a-10:30a No class 11/22	Senior Pickleball 11:30a-2:00p No Pickleball 11/16, 11/23	<b>LOG</b> 10:00a-6:45p	<b>LOG</b> 12:00p-5:45p
<b>POG</b> 9:00a-11:30a No POG 11/19	<b>POG</b> 10:30a-1:00p No POG 11/20	Senior Pickleball 11:30a-2:00p No Pickleball 11/21	Senior Pickleball 10:45a-12:45p No Pickleball 11/22		Black Belt Testing Carol Apple 1:00p-4:00p 11/17	
Senior Pickleball 11:30a-2:00p No Pickleball 11/19	Senior Volleyball 1:00p-3:30p No Volleyball 11/20	<b>LOG</b> 2:00p-9:45p	Senior Volleyball 1:00p-3:30p No Volleyball 11/22	<b>LOG</b> 2:00p-9:45p		
<b>LOG</b> 2:00p-9:45p	<b>LOG</b> 3:30p-6:00p		<b>LOG</b> 3:30p-9:45p No LOG 11/22			
	Co-Ed Volleyball 6:00p-10:00p					

**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**

**Respecting the facility, equipment and others is a must**

**Shirts & Shoes required**

**No dunking or hanging on the rims or nets**

**Throw away your trash**

**No fighting or spitting**

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**\*See Reverse Side for more gym details**