

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOG 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	LOG 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	LOG 6:00a-7:00a	LOG 7:00a-8:30a	LOG 12:00p-5:45p
Group Fitness Classes 7:00a-9:30a		Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 8:00a-9:30a		
LOG 9:30a-11:30a	Senior Pickleball 10:30a-12:30p	LOG 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	LOG 11:00a-11:30a	LOG 10:30a-5:45p	
Senior Pickleball 11:30a-2:00p	Senior Volleyball 1:00p-3:30p	Senior Pickleball 11:30a-2:00p	Senior Volleyball 1:00p-3:30p	Senior Pickleball 11:30a-2:00p		
LOG 2:00p-5:15p	LOG 3:30p-5:15p	LOG 2:00p-8:45p	LOG 3:30p-5:15p	LOG 2:00P-8:45P		
Group Fitness Classes 5:15p-6:30p	Group Fitness Classes 5:15p-7:30p		Group Fitness Classes 5:15p-7:45p			
LOG 6:30p-8:45p	LOG 7:30p-8:45p		LOG 7:45p-8:45p			

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 contact Front Desk with questions regarding the gym

Full Gym Closures
 Mon 7:00a - 9:00a
 Mon 11:30a-2:00p
 Tues/Wed/Thurs 7:30a-9:30a
 Tues/Thurs- 9:45a-11:45a
 Wed- 11:30a-2:00p
 Mon- 5:15p-6:30p
 Tues- 5:15p-7:30p
 Thurs- 5:15p-7:45p

*Gymnasium schedule subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOG 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	LOG 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	LOG 6:00a-7:00a	LOG 7:00a-8:30a	LOG 12:00p-4:45p
Group Fitness Classes 7:00a-9:30a		Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 8:00a-9:30a	Group Fitness Classes 8:30a-10:30a	
LOG 9:30a-11:30a	Senior Pickleball 10:30a-12:30p	LOG 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	LOG 9:30a-11:30a		
Senior Pickleball 11:30a-2:00p	Senior Volleyball 1:00p-3:30p	Senior Pickleball 11:30a-2:00p	Senior Volleyball 1:00p-3:30p	Senior Pickleball 11:30a-2:00p	LOG 10:30a-5:45p	
LOG 2:00p-5:15p	LOG 3:30p-5:15p	LOG 2:00p-8:45p	LOG 3:30p-4:15p	LOG 2:00P-8:45P		
Group Fitness Classes 5:15p-6:30p	Group Fitness Classes 5:15p-7:30p		Group Fitness Classes 5:15p-7:45p			Rental 5:00p-7:00p
LOG 6:30p-8:45p	Rental 7:00p-8:30p		LOG 7:45p-8:45p			

GYMNASIUM RULES:

No vulgar language or profanity

Shirts & Shoes required

No full court - except at designated times

No dunking or hanging on the rims or nets

No food or drinks * Water/sports drinks in plastic bottles permitted

Throw away your trash

Respecting the facility, equipment and others is a must

No fighting or spitting

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