

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 7:00a-10:30a	<b>LOG</b> 12:00p-3:00p
Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 7:00a-9:30a		Group Fitness Classes 3:00p-5:00p
<b>LOG</b> 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	<b>LOG</b> 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	Preschool Program 10:00a-11:00a	<b>LOG</b> 10:30a-5:45p	
	Senior Volleyball 1:00p-3:30p		Senior Pickleball 11:30a-2:00p	Senior Pickleball 11:30a-2:00p		
Senior Pickleball 11:30a-2:00p	<b>LOG</b> 3:30p-5:15p	Senior Pickleball 11:30a-2:00p	Senior Volleyball 1:00p-3:30p	<b>LOG</b> 2:00p-7:45p		
<b>LOG</b> 2:00p-4:00p		<b>LOG</b> 2:00p-4:00p	<b>LOG</b> 3:30p-5:15p			
Group Fitness Classes 4:30p-7:30p	Group Fitness Classes 5:15p-7:30p	Group Fitness Classes 4:30p-7:30p	Group Fitness Classes 5:15p-7:30p			

**LOG** Limited Open Gym:  
Vandalia Residents &  
VRC Members ONLY

Bring your own  
basketball, VRC will  
not have basetballs  
available for use.

Please contact Front Desk with  
questions regarding the gym  
schedule

- Reminders:**
- \* Keep 6ft between yourself and others when possible
  - \* Don't touch your face
  - \* Wash your hands frequently
  - \* Stay home if you are sick

\*Gymnasium schedule subject to change.

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<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 6:00a-10:15a	<b>LOG</b> 6:00a-7:00a	Group Fitness Classes 7:00a-10:30a	<b>NO LOG</b>
Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 7:00a-10:30a		Group Fitness Classes 12:00p-5:00p
<b>LOG</b> 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	<b>LOG</b> 10:30a-11:30a	Senior Pickleball 10:30a-12:30p	<b>LOG</b> 10:30a-11:30a	<b>LOG</b> 10:30a-5:45p	
	<b>LOG</b> 12:45p-4:15p		<b>LOG</b> 12:45p-4:15p			Rental 5:00pm-7:00pm
Senior Pickleball 11:30a-2:00p		Senior Pickleball 11:30a-2:00p		Senior Pickleball 11:30a-2:00p		
<b>LOG</b> 2:00p-4:00p		<b>LOG</b> 2:00p-4:00p		<b>LOG</b> 2:00p-7:45p		
Group Fitness Classes 4:30p-7:30p	Group Fitness Classes 4:30p-7:30p	Group Fitness Classes 4:30p-7:30p	Group Fitness Classes 4:30p-7:30p	VRC Program 2-Oct 8:00pm-9:45pm		

**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

**LOG Limited Open Gym:** Only Vandalia Residents and VRC Members

\*See Reverse Side for more gym details