

| 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 | Group Fitness Classes 7:00a-10:30a | NO LOG Group Fitness Classes 12:00p-5:00p |
| Group Fitness Classes 7:00a-10:30a | | Group Fitness Classes 7:00a-10:30a | | Group Fitness Classes 7:00a-9:30a | | |
| | | | | Preschool Program 10:00a-11:00a | LOG 10:30a-5:45p | |
| LOG 10:30a-11:30a | Senior Pickleball 10:30a-12:30p | LOG 10:30a-11:30a | Senior Pickleball 10:30a-12:30p | Senior Pickleball 11:30a-2:00p | | |
| Senior Pickleball 11:30a-2:00p | Senior Volleyball 1:00p-3:30p | Senior Pickleball 11:30a-2:00p | Senior Volleyball 1:00p-3:30p | LOG 2:00p-7:45p | | |
| LOG 2:00p-4:00p | LOG 3:30p-4:15p | LOG 2:00p-4:00p | LOG 3:30p-4:15p | | | |
| Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | | | |
| | | Nerf Night 30-Sep 5:00p-8:00p | | | | |
| | | | | | | |

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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| 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 |
| LOG 10:30a-11:30a | Senior Pickleball 10:30a-12:30p | LOG 10:30a-11:30a | Senior Pickleball 10:30a-12:30p | LOG 10:30a-11:30a | LOG 10:30a-5:45p | |
| | LOG 12:45p-4:15p | | LOG 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 | | |
| LOG 2:00p-4:00p | | LOG 2:00p-4:00p | | LOG 2:00p-7:45p | | |
| Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | Group Fitness Classes 4:30a-7:30p | | | |

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**