



A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

GYMNASIUM CALENDAR

SUBJECT TO CHANGE/EFFECTIVE OCTOBER 15, 2023

"Open Rec" can be used for shooting basketball, 3V3, 5V5, other appropriate gym games/sports, workout, etc. Please be considerate with how long you use the gym and allow other members to use the space. Programs take precedence and may not be reflected here.

GYM A: FAR SIDE OF THE GYM Rules posted in the gym and on our website. www.theworkshealthclub.com

SUN	MON	TUES	WED	THURS	FRI	SAT
6am-12pm OPEN RECREATION	6am-12pm PICKLEBALL OPEN PLAY	6am-12pm PICKLEBALL OPEN PLAY	6am-12pm PICKLEBALL OPEN PLAY	6am-12pm PICKLEBALL OPEN PLAY	6am-9am PICKLEBALL OPEN PLAY	ALL DAY OPEN RECREATION
12pm-5pm <i>Programs reservations. Ask Welcome Center if available.</i>	12pm-Closing OPEN RECREATION	12pm-10pm OPEN RECREATION	12pm-10pm OPEN RECREATION	12pm-10pm OPEN RECREATION	9am-10pm OPEN RECREATION	
5pm-7pm PICKLEBALL OPEN PLAY	5pm-7pm PICKLEBALL OPEN PLAY					
7pm-8pm PICKLEBALL OPEN PLAY	7pm-9pm PICKLEBALL OPEN PLAY					
	9pm-10pm OPEN RECREATION					

GYM B: CLOSEST TO THE LOCKER ROOMS: PICKLEBALL ON THIS SIDE OF GYM REQUIRES A RESERVATION

SUN	MON	TUES	WED	THURS	FRI	SAT
6am-12pm OPEN RECREATION	6am-12pm PICKLEBALL RESERVATION PLAY	5am-3:30pm OPEN RECREATION	6am-12pm PICKLEBALL RESERVATION AND OPEN PLAY	5am-3:30pm OPEN RECREATION	5am-10pm OPEN RECREATION	ALL DAY OPEN RECREATION
8am-12:15pm SUPERVISED GYM						
12:15pm-5pm <i>Programs reservations. Ask Welcome Center if available.</i>	12pm-5pm OPEN RECREATION		12:00pm-10pm OPEN RECREATION			
5pm-7pm PICKLEBALL RESERVATION	5pm-7pm PICKLEBALL RESERVATION	3:30pm-8:00pm SUPERVISED GYM		3:30pm-8:00pm SUPERVISED GYM		
7:00pm-8pm OPEN RECREATION	8:00pm-10pm OPEN RECREATION	8:00pm-10pm OPEN RECREATION		8:00pm-10pm OPEN RECREATION		