

## August Open Gym 2026

|    |                                                                                        |                                                                       |                                                                                        |                                                                       |               |    |
|----|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------|----|
| 2  | 3<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b>  | 4<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>  | 5<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>                   | 6<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>  | 7<br>9am-4pm  | 8  |
| 9  | 10<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 11<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 12<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 13<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 14<br>9am-4pm | 15 |
| 16 | 17<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 18<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 19<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 20<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 21<br>9am-4pm | 22 |
| 23 | 24<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 25<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 26<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | 27<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 28<br>9am-4pm | 29 |
| 30 | 31<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> |                                                                       |                                                                                        |                                                                       |               |    |

\*Indicates differing than normal open hours that day