the works
A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

GYMNASIUM CALENDAR
SUBJECT TO CHANGE/EFFECTIVE JUNE 1, 2024

"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. Pickleball is now outside for the season.

SCHEDULE SUBJECT TO CHANGE. SPECIAL EVENTS WILL BE ANNOUNCED 72 HOURS IN ADVANCE, UNLESS IT'S CAMP.

SUMMER CAMP BEGINS JUNE 17. CAMPERS MAY NEED TO COME INSIDE DURING INCLEMENT WEATHER. ALL EVENTS IN THE GYM MAY BE CANCELLED MONDAY THROUGH FRIDAY.

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
All Day OPEN RECREATION	*All Day* OPEN RECREATION	*All Day* OPEN RECREATION	*5:00am-6:30pm* OPEN RECREATION	*All Day* OPEN RECREATION	*All Day* OPEN RECREATION *(Through June 20 this will be available all day until speedball programming begins on June 21.)*	*All Day* OPEN RECREATION
			6:30pm-8:00pm **5v5 full court**		*6:00pm-8:00pm* **HS Volleyball Starts June 21**	
			8:00pm-10:00pm OPEN RECREATION		*8:00pm-10:00pm* OPEN RECREATION	

GYM B: CLOSEST TO THE LOCKER ROOMS

SUN	MON	TUES	WED	THURS	FRI	SAT
6:00am-8:00am OPEN RECREATION	*All Day* OPEN RECREATION	*5:00am-3:30pm* OPEN RECREATION	*5:00am-6:30pm* OPEN RECREATION	*5:00am-3:30pm* OPEN RECREATION	*All Day* OPEN RECREATION *(Through June 20 this will be available all day until speedball programming begins on June 21.)*	*6:00am-10:15am* OPEN RECREATION
8:00am-12:15pm **SUPERVISED GYM**						
12:15pm-8:00pm OPEN RECREATION						*10:15am-11:15am* **FAMILY BASKETBALL** *(OPEN RECREATION for families with younger children)*
		3:30pm-8:00pm **SUPERVISED GYM**	*6:30pm-8:00pm* **5v5 full court**	*3:30pm-8:00pm* **SUPERVISED GYM**	*6:00pm-8:00pm* **HS Volleyball Starts June 21**	*11:15am-8:00pm* OPEN RECREATION
		8:00pm-10:00pm OPEN RECREATION	*8:00pm-10:00pm* OPEN RECREATION	*8:00pm-10:00pm* OPEN RECREATION	*8:00pm-10:00pm* OPEN RECREATION	