



Gym Schedule November 2023

North Gymnasium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 8:00am – 10:45am	Recreation Basketball 6:00am – 7:30am	Open Gym 6:00am – 12:15pm	Recreation Basketball 6:00am – 7:30am	Open Gym 6:00am – 8:45am	Recreation Basketball 6:00am – 7:30am	Open Gym 8:00am – 3:45pm
	Open Gym 7:45am – 12:15pm		Open Gym 7:45am – 12:45pm			
Competitive Pickleball 11:00am – 1:00pm	Beginner Pickleball 12:30pm – 2:30pm	Competitive Pickleball 12:30pm – 2:30pm	Beginner Pickleball 12:45pm – 2:30pm	Competitive Pickleball 12:30pm – 2:30pm	Open Gym 7:45am – 7:45pm	
		Open Gym 2:45pm – 5:45pm		Open Gym 2:45pm – 5:45pm		
Open Gym 1:15pm – 3:45pm	Open Gym 2:45pm – 8:45pm	PR Youth Cheer 6:00pm – 8:00pm	Open Gym 2:45pm – 8:45pm	PR Youth Cheer 6:00pm – 8:00pm		
		Open Gym 8:15pm – 8:45pm		Open Gym 8:15pm – 8:45pm		

South Gymnasium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 8:00am – 8:45am	HIIT 45 6:00am – 6:45am	Interval Training 55 6:00am – 6:55am	Total Body Strength 45 6:00am – 6:45am	HIIT 45 6:00am – 6:45am	Open Gym 6:00am – 9:15am	Open Gym 8:00am – 9:15am
Total Body Strength 45 9:00am – 9:45am	Open Gym 7:00am – 8:45am	Open Gym 7:10am – 9:15am	Open Gym 7:00am – 8:45am	ABC 45 6:45am – 7:30am		Open Gym 10:40am – 3:45pm
Open Gym 10:00am – 3:45pm	Cardio Blast 25 9:00am – 9:25am		Open Gym 10:40am – 8:45pm	Interval Training 55 9:00am – 9:55am	Open Gym 7:45am – 9:15am	
	Total Body Strength 55 9:30am – 10:25am	Circuit 55 9:30am – 10:25am		Interval Training 55 9:30am – 10:25am		
	Open Gym 10:40pm – 8:45pm	Open Gym 10:40pm – 8:45pm		Open Gym 11:00am – 11:45am	Open Gym 10:45am – 8:45pm	
Zumba 12:00pm – 12:45pm						
Open Gym 1:00pm – 8:45 pm			Open Gym 11:30am – 7:45 pm			

Pine Community Center Hours

Monday – Thursday

6:00am – 9:00pm

Friday

6:00am – 8:00pm

Saturday and Sunday

8:00am – 4:00pm

**NO OUTSIDE ORGANIZED TEAM
PRACTICES, PERSONAL FITNESS OR
SPORT TRAINING ARE
PERMITTED IN THE GYMNASIUMS.**

Pine Community Center
100 Pine Park Drive, Wexford, PA 15090
(724) 625 – 1636 ext. 3

All Dates & Times are Subject to Change