



# FITNESS ROOM WEIGHT ROOM

## UPSTAIRS FITNESS ROOM

MONDAY THROUGH SUNDAY:  
6:30 a.m.-10:30 p.m.

## DOWNSTAIRS WEIGHT ROOM\*

WEEKDAYS: 8:15 a.m.-7 p.m.  
SATURDAY/SUNDAY: Noon-4 p.m.

\*The downstairs weight room hours can change based on the activities scheduled in the gym. See gym schedule for open hours as the weight room will be open during this time as well.

