Cleveland Clinic
Akron General
LifeStyles

RECREATION

GYM SCHEDULE



Cleveland Clinic Akron General Health & Wellness Center, Stow

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday	Sunday
5:30 AM	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Group Exercise 6:00a-6:45a GYM CLOSED	7:00 AM	Non-Dependent Open Gym	
8:45 AM	½ Court Sports Performance 8:45a-9:00a		½ Court Sports Performance 8:45-9a		½ Court Sports Performance 8:45-9a	8:00 AM	½ Court Sports Performance 8:45-9a	Non-Dependent Open Gym
9:00 AM	Dependent Hours Open Gym 9:00a-11:00a	Dependent Hours Open Gym 9:00a-11:00a	Dependent Hours Open Gym 9:00a-11:00a	Dependent Hours Open Gym 9:00a-11:00a	Dependent Hours Open Gym 9:00a-11:00a	9:00 AM	Dependent Hours Open Gym 9:00a-6:00p	Dependent Hours Open Gym 9:00a-6:00p
10:00 AM	½ Court Sports Performance 10:00a-10:15a	½ Court Open Pickleball 10:00a-12:00p	½ Court Sports Performance 10:00a-10:15a		½ Court Sports Performance 10:00a-10:15a		Full Court Open Pickleball 9:00a-11:00a	Adult Full Court Open Basketball 9:00a-12:00p *less than 6 players, use ½ court
11:00 AM	Non-Dependent Open Gym		Non-Dependent Open Gym	½ Court Open Pickleball 10:00a-12:00p	½ Court Sports Performance 10:15a-10:45a	11:00 AM	½ Court Open Pickleball 11:00a-1:30p	
12:00 PM	½ Court Sports Performance 12:00p-12:15p	½ Court Sports Performance 12:00p-12:15p	½ Court Sports Performance 12:00p-12:15p	½ Court Sports Performance 12:00p-12:15p	½ Court Sports Performance 12:00p-12:15p	2:00 PM	Dependent Hours Open Gym 9:00a-6:00p	Dependent Hours Open Gym 9:00a-6:00p
1:00 PM	Right-Fit 1:00p-2:00p GYM CLOSED	Non-Dependent Open Gym	Right-Fit 1:00p-2:00p GYM CLOSED	Non-Dependent Open Gym	Non-Dependent Open Gym			
3:00 PM	Dependent Hours Open Gym 3:00p-5:30p	Dependent Hours Open Gym 3:00p-5:30p	Dependent Hours Open Gym 3:00p-5:30p	Dependent Hours Open Gym 3:00p-5:30p	Dependent Hours Open Gym 3:00p-10:00p			
3:30 PM	½ Court Sports Performance 3:30p-4:00p	½ Court Sports Performance 3:30p-4:00p	½ Court Sports Performance 3:30p-4:00p	½ Court Sports Performance 3:30p-4:00p				
5:00 PM	½ Court Sports Performance 5:00p-5:30p	½ Court Sports Performance 5:00p-5:30p	½ Court Sports Performance 5:00p-5:30p	½ Court Sports Performance 5:00p-5:30p				
	Full Court (after SP) Open Pickleball 5:00p-7:00p	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	½ Court Open Pickleball 5:00p-7:00p			
	Non-Dependent Open Gym							
7:00 PM	Dependent Hours Open Gym 7:00p-10:00p	Full Court Open Pickleball 6:00p-8:00p	Adult Full Court Open Basketball 6:00p-9:00p	½ Court Open Pickleball 6:00p-8:00p				
		Dependent Hours Open Gym 7:00p-10:00p	Dependent Hours Open Gym 7:00p-10:00p	Dependent Hours Open Gym 7:00p-10:00p	Dependent Hours Open Gym 7:00p-10:00p			

KEY	
Adult Basketball	Pickleball
Dependent Hours	Right-Fit
Group Exercise	Non-Dependent
Sports Performance	

*½ Court private lessons and personal training may take place during open gym times.

*** Scheduled program events are only to be performed during the scheduled times***