

EAGLE RIVER GYM SCHEDULE

	MON	TUE	WED	THU	FRI		SAT	SUN
5AM						8AM		
6AM						9AM		
7AM	5-11am Open Gym	5-9am Open Gym	5-11am Open Gym	5-9am Open Gym	5am-3pm Open Gym	10AM	8am-6pm Open Gym	8am-6pm Open Gym
8AM						11AM		
9AM		9am-Noon Pickleball		9am-Noon Pickleball		NOON		
10AM						1PM		
11AM	11am-1pm Pickleball		11am-1pm Pickleball			2PM		
NOON						3PM		
1PM						4PM		
2PM						5PM		
3PM						6PM		
4PM	1-8pm Open Gym	Noon-8pm Open Gym	1-8pm Open Gym	Noon-8pm Open Gym	3-5:30pm Pickleball			
5PM								
6PM								
7PM					5:30-8pm Open Gym			
8PM								

Pickleball

This fun sport combines many elements of tennis, badminton and ping-pong. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes.