

Gym Calendar Events

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym 5 - 9 pm Rec Basketball Cleaners 9 pm	02 Center Closed
03 Center Closed 10 am - 8pm Rec Basketball	04 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym Community Center Events Cleaners 9 pm	05 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 6 - 7 pm Dance & Trim	06 8 - 12 pm Walkers 9:30 - 10:30 am Tai-Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga Cleaners 9 pm	07 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 9 pm Rec Basketball	08 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym 5 - 9 pm Rec Basketball Cleaners 9 pm	09 Center Closed
10 Center Closed 10 am - 8pm Rec Basketball	11 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym Community Center Events Cleaners 9 pm	12 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 6 - 7 pm Dance & Trim	13 8 - 12 pm Walkers 9:30 - 10:30 am Tai-Chi NO Open Gym SET UP FOR PARTY 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga Cleaners 9 pm	14 NO WALKERS /NO YOGA SENIOR CHRISTMAS PARTY 12 - 3 PM 5 - 9 pm Rec Basketball	15 8 - 11 Walkers 9 - 10 am Chair Fitness NO Open Gym Closed 12 - 2 pm 5 - 9 pm Rec Basketball Cleaners 9 pm	16 Center Closed
17 Center Closed 10 am - 8pm Rec Basketball	18 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym Community Center Events Cleaners 9 pm	19 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 6 - 7 pm Dance & Trim	20 8 - 12 am Walkers 9:30 - 10:30 am Tai-Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga Cleaners 9 pm	21 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 9 pm Rec Basketball	22 CLOSED FOR THE HOLIDAY'S Cleaners 9pm	23 Center Closed
24 Center Closed Christmas Eve ----- Center Closed New Years Eve	25 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym Community Center Events Cleaners 9 pm	26 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 6 - 7 pm Dance & Trim	27 8 - 12 am Walkers 9:30 - 10:30 am Tai-Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga Cleaners 9 pm	28 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 9 pm Rec Basketball	29 8 - 11 Walkers 9 - 10 am Chair Fitness 12 - 3 pm Open Gym 5 - 9 pm Rec Basketball Cleaners 9 pm	30 Center Closed

Hours

Monday -- 8:00 a.m. - 4:00 p.m.
Tuesday -- 8:00 a.m. - 4:00 p.m.
Wednesday -- 8:00 a.m. - 4:00 p.m.
Thursday -- 8:00 a.m. - 4:00 p.m.
Friday -- 8:00 a.m. - 4:00 p.m.
Saturday -- Closed
Sunday -- Closed

I.D. Membership Card

An I.D. is required to use this facility

Seniors (60+) - \$40 per person

Non-Resident Seniors - \$50 per person

Residents - \$50 per person

Non-Resident - \$80 per person

Senior and Resident I.D's valid January 2024 - January 2026

Non-Resident I.D's valid January 2024 - January 2025

**An Illinois Drivers' License or State ID MUST BE presented to prove Steger residency
Clean & Dry shoes are to be carried in and worn while using the gym or exercise room.**

We make every effort to make this calendar as complete and correct as possible. Occasionally circumstances change which were unforeseen at the time of publication. Thank you for your understanding.