



GYM SCHEDULE

3989 North Shore Drive, Bryan, TX 77807
(979)731-6131

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Open Hours 7am-7pm	Open Hours 7am-7pm	Open Hours 7am-7pm	Open Hours 7am-7pm	Open Hours 7am-5pm	Open Hours 8am-12pm
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
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12:00 PM						
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3:00 PM						
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4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						



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Open Gym Policies

1. THERAPY PATIENTS HAVE TOP PRIORITY TO ALL EQUIPMENT. Please cooperate with the Therapy staff in allowing them to use the equipment when asked. Therapy is open 8:00AM to 5:00PM.
2. For your safety, shirts and proper footwear is required.
3. Exercise equipment is used on a “first come, first served” basis (except when patients are involved).
4. NO open drinks and NO food in the gym areas. (Bottled drinks with lids ONLY).

Gym Equipment Safety

1. For your safety on the treadmills:
 - a. No hanging towels or clothing on any part of the treadmill
 - b. Please use safety clip while using the treadmill
2. For your safety with other machines:
 - a. Please make sure that you are using proper weight (do not over exceed what you can handle)
 - b. Make sure that the pins are completely in the weight machine.
 - c. Make sure that your seat is locked in position before sitting on the seat.
3. For the safety for yourself and other members, Please wipe down your equipment after use.