

Winter 2019

Effective December 8th, 2019

GYMNASIUM SCHEDULE (BASKETBALL COURT)

BRONX HOUSE

990 Pelham Parkway
S Bronx, NY 10461
718.792.1800
www.bronxhouse.org

SCHEDULES ARE
SUBJECT TO
CHANGE
SEASONALLY

GYM Hours:

Monday–Thursday:
9:15am–8:45pm

Friday
10:30am–8:45pm

Saturday
10am–4:45pm

Sunday:
8:30am–4:45pm

MONDAY

Senior Conditioning
9:15-10:15am

Pre-K Gym
10:30-12:00pm

Adult Gym
12:00pm-2:30pm

After School Program
2:30-6:15pm

Adult Gym
FULL COURT BB
6:30-8:45pm

TUESDAY

Silver Sneakers
9:15-10:15am

Pre-K Gym
10:30-12:00pm

Adult Gym
12:00pm-2:30pm

After School Program
2:30-6:15pm

Teen Gym
FULL COURT BB
6:30-8:45pm

WEDNESDAY

Senior Conditioning
9:15-10:15am

Pre-K Gym
10:30-12:00pm

Adult Racquetball
12:00-2:30pm

After School Program
2:30-6:15pm

Adult Gym
FULL COURT BB
6:30-8:45pm

THURSDAY

Silver Sneakers
9:15-10:15am

Pre-K Gym
10:30-12:00pm

Adult Gym
12:00pm-2:30pm

After School Program
2:30-6:15pm

Teen Gym
FULL COURT BB
6:30-8:45pm

FRIDAY

Pre-K Gym
10:30am-12pm

Adult Racquetball
12:00-2:30pm

After School Program
2:30-6:15pm

Adult Gym
FULL COURT BB
6:30-8:45pm

SATURDAY

Pre-School Sports
10:00-12:00pm

Youth Sports
12:00-3:00pm

Teen Gym
FULL COURT BB
3:00-4:45pm

SUNDAY

Adult Gym
8:30-11:00am

Family Gym
11:00am–12:00pm

CLOSED
12pm–2pm

Teen Gym Basketball
2pm-4:45pm



For questions or concerns -
Please contact Fitness Director, Ari Ruiz.
Email: Ari@bronxhouse.org
Phone: 718-792-1800, ext 244

AGE RESTRICTIONS:

- ⇒ Ages 15–18 are considered eligible for Teen Gym.
- ⇒ Ages 19 & older are considered eligible for Adult gym

FAMILY GYM :

- ⇒ Parents must be present during Family Gym with children!