



**McChesney Student Activity Center Hours
Spring 2023
January 9th - May 5th**

Weight/Cardio Area

Monday, Tuesday, Wednesday & Thursday	6:30 am-8:00 pm
Friday	6:30 am-5:00 pm
Saturday	1:00 pm-6:00 pm
Sunday	3:00 pm-8:00 pm

Pool

Tuesday & Thursday	6:30 am-8:30 am
Monday-Friday	11:30 am-1:30 pm
Monday-Thursday	6:00 pm-8:00 pm
Saturday	1:00 pm-3:00 pm
Sunday	3:00 pm-5:00 pm

Water Aerobics

Monday & Wednesday	6:00 pm-7:00 pm
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The following classes will be held in Old Gym

Yoga

Tuesday	5:00 pm-6:00 pm
Thursday	7:00 am-8:00 am

Zumba

Monday & Wednesday	5:00 pm-6:00 pm
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Breathwork

Monday & Wednesday	6:00 pm-7:00 pm
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Schedule Changes

MLK	Closed: January 16th
Spring Break	Closed: March 25th- April 2nd
Easter Holidays	Closed: April 8th-April 9th

***No one under the age of 18 is permitted in the Student Activity Center. If children are in facilities for Family Swim, the SAC member must stay with them at all times. If guests 18 or older are using any facilities, they must first stop by the front desk for a waiver. SAC members must also stay with their guests at all times. The Community Walking Track Programs for non-members is on weekdays until 1:00 pm only. The walking track is closed during special events in the Arena.*