

MINDEN RECREATION COMPLEX
HOURS

HOURS OF OPERATION

MONDAY – FRIDAY 6am to 8pm

SATURDAY 10am to 4pm

CLOSED ON SUNDAYS

BASKETBALL GYM HOURS

MON & THUR: SILVER SNEAKERS 10:30am-11:30am

MON.: AGES 13 & UNDER 12pm-4:45pm

THURS.: AGES 13 & UNDER 12pm-4:45pm

TUES, WED, FRI: AGES 13 & UNDER 10am-4:45pm

MON, WED, FRI: AGES 14 & UP 5pm to 7:30pm

SATURDAYS: SENIOR ADULTS 10am to 12pm

AGES 13 & UNDER 12pm to 2:00pm

AGES 14 & UP 2pm to 3:30pm

FITNESS ROOM HOURS

Members 13-17 yrs. old are only allowed in the fitness room

with ADULT SUPERVISION on

MONDAY, WEDNESDAY & FRIDAY 4pm to 6pm

ABSOLUTELY NO ONE UNDER 13 IS ALLOWED IN THE WEIGHT

ROOM

FITNESS ROOM CLOSSES AT 7:45 MON-FRI

3:45 ON SATURDAYS