

Wilhelmine Tew Damon Fitness Center



2025 FALL WEIGHT TRAINING SCHEDULE

MONDAY & WEDNESDAY

6:00 a.m.-5:00 p.m. Open Workout

TUESDAY & THURSDAY

7:30 a.m.-5:00 p.m. Open Workout

FRIDAY

6:00 a.m.-3:15 p.m. Open Workout

CLOSED ON SATURDAY & SUNDAY

SCHEDULE MAY CHANGE DUE TO CLASS DEMANDS OR USAGE

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