RAPRD Activity Center

November 25 - 30, 2019

Schedules are subject to change based on activities and needs. *Activities with an asterisk require registration prior to attending Wednesday **Thursday** Time Monday Tuesday Friday Saturday Kickstart 6:00am-8:00am Conditioning (5:45 - 6:45) **Saturday Hours** 8:00am-9:00am Fitness 4 Life Zumba® Gold Fitness 4 Life 9:00am - 12:00pm **OPEN AT 12:00 FOR THE THANKSGIVING** 9:15am-10:20am **Powercut Plus Balance & Core Powercut Plus Powercut Plus** HOLIDAY **CLOSED FOR THE THANKSGIVING** 10:45am-4:00pm **Open Basketball Open Basketball HOLIDAY CLOSE AT 12:00** MIXxedfit®

Adult Drop-in Fee: \$3.50; Racquetball: \$3.50 drop-in/per hour / reserve the court ahead of time for \$1.00 Walleyball: \$3.50 drop-in/per hour; Basketball drop-in fee: \$3.50 Adult | \$2.00 Youth Youth/Toddler drop-in fee: \$2.00/ Senior 60+ \$2.50/cardio and weights

FOR THE

THANKSGIVING HOLIDAY

*Paint Night (5:30-

7:30)

Open Basketball

Edited 10/25

Yoga Hatha Flow

Step & Abs

Dance Fitness

PowerCut Plus

4:30pm-5:30pm

5:35pm-6:35pm

7:00 -9:00pm

Group Fitness/Weight Cardio drop-in fee: \$3.50; \$28.00/12 visit punch card or \$30.00 unlimited for 30 day

Drop in weights & cardio equipment is available from 6:00am-9:00pm.