

January 20 - 26, 2020

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**Schedules are subject to change based on activities and needs.**

**\*Activities with an asterisk require registration prior to attending**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am- 8:00am		Kickstart Conditioning (5:45 - 6:45)		P90X® (5:45 - 6:45)		Saturday Hours 9:00am - 12:00pm
8:00am-9:00am	Fitness 4 Life	Zumba® Gold	Fitness 4 Life		Zumba® Gold	
9:15am-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Balance & Core	Cardio Kickboxing	
10:45am-4:00pm	Open Basketball	*Toddler Time (10:00 - 10:30)	Open Basketball	*Little Sports Stars (10:30 - 11:00)	Open Basketball	
4:30pm-5:30pm	MIXxedfit® Dance Fitness *Nature Art (4:30 - 5:15)	Step& Abs *Fabulous Foods (4:30 - 5:15)	MIXxedfit® Dance Fitness	Step & Abs *Crazy About Art 4:30- 5:15)	MIXxedfit® Dance Fitness	
5:35pm-6:35pm	PowerCut Plus		PowerCut Plus	*Beginner Kendo Fencing (6:00-8:00)		
7:00 -9:00pm	Open Basketball	Open Basketball	Open Basketball		Open Basketball	
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 Group Fitness/Weight Cardio drop-in fee: \$3.50; \$28.00/12 visit punch card or \$30.00 unlimited for 30 day						
Drop in +A11:G17weights & cardio equipment is available from 6:00am-9:00pm.						