

February 24 - 29, 2020

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 Open Basketball 10:30 - 12:00
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	Powercut Plus
10:45am-4:00pm	Open Basketball		Open Basketball		Open Basketball	
4:30pm-5:30pm	MIXxedfit® Dance Fitness	Step & Abs	MIXxedfit® Dance Fitness	Step & Abs	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	Edited 1/30

Adult Drop-in Fee: \$3.50; Racquetball: \$3.50 drop-in/per hour / reserve the court ahead of time for \$1.00

Wallyball: \$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 weights & cardio equipment is available from 6:00am-9:00pm.