



Gym Schedule March 1 - 31*

**Hours subject to change*

Monday

5:30am - 6:30am Spring Fitness Challenge (North Side)*
7:30am - 9:00am Drop in Pickleball (North Side)
8:00am - 9:00am TABATA (South Side)
9:15am - 10:15am Spring Fitness Challenge (North Side)*
9:30am - 10:00am Stroller Class (South Side)
10:00am - 11:30am Early Learning Play/Palooza (South Side)
12:00pm - 1:30pm Drop in Adult Basketball (FULL GYM)
1:30pm - 3:00pm Early Learning (South Side)
4:10pm - 5:00pm Spring Fitness Challenge (North Side)*
6:00pm - 10:00pm Women's 3v3 (North Side) **Starts 3/9**

Tuesday

5:15am - 6:15am Spring Fitness Challenge (North Side)*
7:30am - 8:30am Spring Fitness Challenge (North Side)*
9:00am - 10:00am Spring Fitness Challenge (North Side)*
10:00am - 11:30am Early Learning Play/Palooza (South Side)
10:00am - 11:30am Jump Bunch (North Side)
11:30am - 2:00pm Drop in Pickleball (North Side)
1:30pm - 3:00pm Early Learning Play/Palooza (South Side)
2:00pm - 3:00pm TRX (North Side)

Wednesday

5:15am - 5:55am TRX (North Side)
6:30am - 7:30am Spring Fitness Challenge (South Side)*
7:00am - 8:00am Pickleball class (North Side)
8:00am - 9:00am Drop in Pickleball (North Side)
8:00am - 9:00am TABATA (South Side)
9:30am - 10:00am Stroller Class (South Side)
9:30am - 11:00am Senior Volleyball (North Side)**
10:00am - 11:30am Early Learning Play/Palooza (South Side)
12:00pm - 1:30pm Drop in Adult Basketball (FULL GYM)
1:30pm - 3:00pm Early Learning (South Side)
4:00pm - 5:00pm TR Pickleball (North Side) **Ends 3/4**
5:15pm - 7:30pm Drop in Pickleball (North Side)

Thursday

8:15am - 9:05am TRX/Yoga (North Side)
10:00am - 2:00pm Drop in Pickleball (North Side)
10:00am - 11:30am Early Learning Play/Palooza (South Side)
1:30pm - 3:00pm Early Learning (South Side)
6:00pm - 10:00pm Adult Volleyball (North Side)

Friday

5:15am - 5:55am TRX (North Side)
8:00am - 10:00am Drop in Pickleball (North Side)
9:30am - 10:00am Stroller Class (South Side)
10:00am - 11:30am Early Learning Play/Palooza (South Side)
12:00pm - 1:30pm Drop in Adult Basketball (FULL GYM)
1:30pm - 3:00pm Early Learning (South Side)
5:00pm - 6:00pm Youth Basketball (North Side)

Saturday

7:00am - 9:00am Drop in Adult Basketball (FULL GYM)
9:00am - 9:55am TR Sports (North Side)
10:15am - 12:00pm Drop in Pickleball (North Side)
4:00pm - 5:00pm Special Olympics Basketball (North Side) **on 3/7, 3/14**

Sunday

8:00am - 9:00am Drop In Volleyball (South Side)
9:00am - 12:00pm Drop In Volleyball (FULL GYM)
3:00pm - 6:00pm Drop in Pickleball (North Side)

Special Dates

North Side unavailable on 3/2 from 5:45pm - 7:45pm

Spring Fitness Challenge ends 3/16

****Senior Home Volleyball Games TBD****

North Side unavailable from 8-9am, 9-10am and 4-5pm from 3/23 - 3/27

TRX in FTS on 3/24

No TABATA on 3/25

