

Group Exercise

November 2022

Open Gym



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC)Community Center (MPR) Multipurpose Room (G) Full Gymnasium (G-1) Gymnasium Court 1 (G-2) Gym Court 2 (GEX) Group Exercise Room GEX classes listed in BLUE Program listed in GREEN	1 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 11-6pm Basketball (G) 6-6:45pm Total Body Strength(GEX) 6-8pm Badminton(G2) 6-8pm Basketball(G1)	2 8-10am Basketball (G) 10:15-11am Senior Stretch(G) 11:30-3pm Pickleball (G) 3-8pm Basketball (G)	3 8-10am Basketball (G) 9:15-10am Mama Fit(GEX) 10:15-11am SS Cardio (G) 11-6pm Basketball(G) 4:30-5:30pm Mindfulness Yoga(GEX) 6-8pm Badminton(G1) 6-8pm Basketball(G2)	4 8-10am Basketball (G) 9-9:45 Weight Training(GEX) 10:15-11am SS Classic (G) 11:30am-3pm Pickleball (G) 3-8pm Basketball (G)	5 8-10am Adult Basketball (G) 10am-12pm Basketball (G)
7 8-10am Basketball(G) 9-9:45am Stroller Strides(CC) 10:15-11am Qigong(G) 11:15-12pm Dance Your Bliss(G) 12-3pm Pickleball (G) 3pm-7pm Basketball(G) GYM CLOSSES at 7pm	8 6-6:45pm Total Body Strength(GEX) **GYM CLOSED for VOTING**	9 8-10am Basketball (G) 10:15-11am Senior Stretch(G) 11:30-3pm Pickleball (G) 3-8pm Basketball (G)	10 8-10am Basketball (G) 9:15-10am Mama Fit(GEX) 10:15-11am SS Cardio (G) 11-5:30pm Basketball(G) 4:30-5:30pm Mindfulness Yoga(GEX) 6-8pm Badminton(G1) 6:30-8pm Basketball(G2)	11 8-10am Basketball (G) 9-9:45 Weight Training(GEX) 10:15-11am SS Classic (G) 11:30am-3pm Pickleball (G) 3-7pm Basketball (G) 7-8pm Basketball(G2)	12 NO OPEN GYM TODAY
14 8-10am Basketball(G) 9-9:45am Stroller Strides(CC) 10:15-11am Qigong(G) 11:15-12pm Dance Your Bliss(G) 12-3pm Pickleball (G) 3pm-8pm Basketball(G)	15 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 11-6pm Basketball (G) 6-6:45pm Total Body Strength(GEX) 6-8pm Badminton(G2) 6-8pm Basketball(G1)	16 8-10am Basketball (G) 10:15-11am Senior Stretch(G) 11:30-3pm Pickleball (G) 3-8pm Basketball (G)	17 8-10am Basketball (G) 9:15-10am Mama Fit(GEX) 10:15-11am SS Cardio (G) 11-6pm Basketball(G) 4:30-5:30pm Mindfulness Yoga(GEX) 6-8pm Badminton(G1) 6-8pm Basketball(G2)	18 8-10am Basketball (G) 9-9:45 Weight Training(GEX) 10:15-11am SS Classic (G) 11:30am-3pm Pickleball (G) 3-8pm Basketball (G)	19 8-10am Adult Basketball(G) 10am-12pm Basketball (G)
21 8-10am Basketball(G) 9-9:45am Stroller Strides(CC) 10:15-11am Qigong(G) 11:15-12pm Dance Your Bliss(G) 12-3pm Pickleball (G) 3pm-8pm Basketball(G)	22 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 11-6pm Basketball (G) 6-6:45pm Total Body Strength(GEX) 6-8pm Badminton(G2) 6-8pm Basketball(G1)	23 8-10am Basketball (G) 10:15-11am Senior Stretch(G) 11:30-3pm Pickleball (G) 3-8pm Basketball (G)		25 8-12pm Basketball (G) CENTER CLOSSES AT 12 TODAY	26 8-10am Adult Basketball(G) 10am-12pm Basketball (G)
28 8-10am Basketball(G) 9-9:45am Stroller Strides(CC) 10:15-11am Qigong(G) 11:15-12pm Dance Your Bliss(G) 12-3pm Pickleball (G) 3pm-8pm Basketball(G)	29 8-10am Basketball (G) 10:15-11am Zumba Gold (G) 11-6pm Basketball (G) 6-6:45pm Total Body Strength(GEX) 6-8pm Badminton(G2) 6-8pm Basketball(G1)	30 8-10am Basketball (G) 10:15-11am Senior Stretch(G) 11:30-3pm Pickleball (G) 3-8pm Basketball (G)	<p>-To avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> <p>-10+ are welcome with a parent or guardian for open gym. 14+ may join all classes.</p> <p>-All open gym times/ classes/programs are subject to change</p>		